Section 1 – Pain Intensity

☐ I have no pain at the moment
☐ The pain is very mild at the moment
☐ The pain is moderate at the moment
☐ The pain is fairly severe at the moment
☐ The pain is the worst imaginable at the moment

Section 2 – Personal Care (washing, dressing, etc.)

☐ I can look after myself normally without pain
☐ I can look after myself normally but it is painful
☐ It is painful to look after myself and I am slow and careful
☐ I need some help but manage most of my personal care
☐ I need help every day in most aspects of my personal care
☐ I need help every day in most aspects of self-care
☐ I do not get dressed, wash with difficulty, and stay in bed

Section 3 – Lifting

☐ I can lift heavy weights without extra pain
☐ I can lift heavy weights but it gives me extra pain
☐ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (ie. on a table)
☐ Pain prevents me from lifting heavy weights, but I manage light to medium weights if they are conveniently positioned
☐ I can lift only very light weights
☐ I cannot lift or carry anything at all

Section 4 – Walking

☐ Pain does not prevent me walking any distance
☐ Pain prevents me walking more than 1 mile
☐ Pain prevents me walking more than ¼ of a 1 mile
☐ Pain prevents me walking more than 100 yards
☐ I can only walk using a stick or crutches
☐ I am in bed most of the time and have to crawl to the toilet

Section 5 – Sitting

☐ I can sit in any chair as long as I like
☐ I can sit in my favorite chair as long as I like
☐ Pain prevents me from sitting for more than 1 hour
☐ Pain prevents me from sitting for more than ½ hour
☐ Pain prevents me from sitting for more than 10 min
☐ Pain prevents me from sitting at all

Section 6 – Standing

☐ I can stand as long as I want without extra pain
☐ I can stand as long as I want but it gives me extra pain
☐ Pain prevents me from standing more than 1 hour
☐ Pain prevents me from standing for more than ½ hour
☐ Pain prevents me from standing for more than 10 min
☐ Pain prevents me from standing at all
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Section 7 – Sleeping
- My sleep is never disturbed by pain
- My sleep is occasionally disturbed by pain
- Because of pain, I have less than 6 hours of sleep
- Because of pain, I have less than 4 hours of sleep
- Because of pain, I have less than 2 hours of sleep
- Pain prevents me from sleeping at all

Section 8 – Sex Life (if applicable)
- My sex life is normal and causes no extra pain
- My sex life is normal but causes some extra pain
- My sex life is nearly normal but is very painful
- My sex life is severely restricted by pain
- My sex life is nearly absent because of pain
- Pain prevents any sex life at all

Section 9 – Social Life
- My social life is normal and causes me no extra pain
- My social life is normal but increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests ie sports
- Pain has restricted my social life and I do not go out as often
- Pain has restricted my social life to my home
- I have no social life because of pain

Section 10 – Traveling
- I can travel anywhere without pain
- I can travel anywhere but it gives extra pain
- Pain is bad but I manage journey of over two hours
- Pain restricts me to short necessary journeys under 30 min
- Pain prevents me from traveling except to receive treatment.

Section 11 – Previous Treatment
Over the past three months have you received treatment, tablets or medicines of any kind for you back or leg pain? Please check the appropriate box.
- No
- Yes (if yes, please state the type of treatment you have received)