

Please Read: This questionnaire is designed to enable us to understand how much your low back has affected your ability to manage everyday activities. Please answer each Section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but Please **just circle the one choice which closely describes your problem right now.**

SECTION 1--Pain Intensity
 A. The pain comes and goes and is very mild.
 B. The pain is mild and does not vary much.
 C. The pain comes and goes and is moderate.
 D. The pain is moderate and does not vary much.
 E. The pain is severe but comes and goes.
 F. The pain is severe and does not vary much.

SECTION 2--Personal Care
 A. I would not have to change my way of washing or dressing in order to avoid pain.
 B. I do not normally change my way of washing or dressing even though it causes some pain.
 C. Washing and dressing increase the pain, but I manage not to change my way of doing it.
 D. Washing and dressing increase the pain and I it necessary to change my way of doing it.
 E. Because of the pain, I am unable to do any washing and dressing without help.
 F. Because of the pain, I am unable to do any washing or dressing without help.

SECTION 3--Lifting
 A. I can lift heavy weights without extra pain.
 B. I can lift heavy weights, but it causes extra pain.
 C. Pain prevents me from lifting heavy weights off the floor.
 D. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on the table.
 E. Pain prevents me from lifting heavy weights , but I can manage light to medium weights if they are conveniently positioned.
 F. I can only lift very light weights, at the most.

SECTION 4 --Walking
 A. Pain does not prevent me from walking any distance.
 B. Pain prevents me from walking more than one mile.
 C. Pain prevents me from walking more than one mile.
 D. Pain prevents me from walking more than 1/2 mile.
 E. I can only walk while using a cane or on crutches.
 F. I am in bed most of the time and have to crawl to the toilet.

SECTION 5--Sitting
 A. I can sit in any chair as long as I like without pain.
 B. I can only sit in my favorite chair as long as I like.
 C. Pain prevents me from sitting more than one hour.
 D. Pain prevents me from sitting more than 1/2 hour.
 E. Pain prevents me from sitting more than ten minutes.
 F. Pain prevents me from sitting at all.

SECTION 6 -- Standing
 A. I can stand as long as I want without pain
 B. I have some pain while standing, but it does not increase with time.
 C. I cannot stand for longer than one hour without increasing pain.
 D. I cannot stand for longer than 1/2hour without increasing pain.
 E. I can't stand for more than 10 minutes without increasing pain.
 F. I avoid standing because it increases pain right away.

SECTION 7--Sleeping
 A. I get no pain in bed.
 B. I get pain in bed, but it does not prevent me from sleeping.
 C. Because of pain , my normal night's sleep is reduced by less than one-quarter.
 D. Because of pain, my normal night's sleep is reduced by less than one-half.
 E. Because of pain, my normal night's sleep is reduced by less than three-quarters.
 F. Pain prevents me from sleeping at all.

SECTION 8--Social Life
 A. My social life is normal and gives me no pain.
 B. My social life is normal, but increases the degree of my pain.
 C. Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g., dancing, etc.
 D. Pain has restricted my social life and I do not go out very often.
 E. Pain has restricted my social life to my home.
 F. Pain prevents me from sleeping at all.

SECTION 9--Traveling
 A. I get no pain while traveling.
 B. I get some pain while traveling, but none of my usual forms of travel make it any worse.
 C. I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
 D. I get extra pain while traveling which compels me to seek alternative forms of travel.
 E. Pain restricts all forms off travel.
 F. Pain prevents all forms of travel except that done lying down.

SECTION 10--Changing Degree of Pain
 A. My pain is rapidly getting better.
 B. My pain fluctuates, but overall is definitely getting better.
 C. My pain seems to be getting better, but improvement is slow at present.
 D. My pain is neither getting better nor worse.
 E. My pain is gradually worsening.
 F. My pain is rapidly worsening.

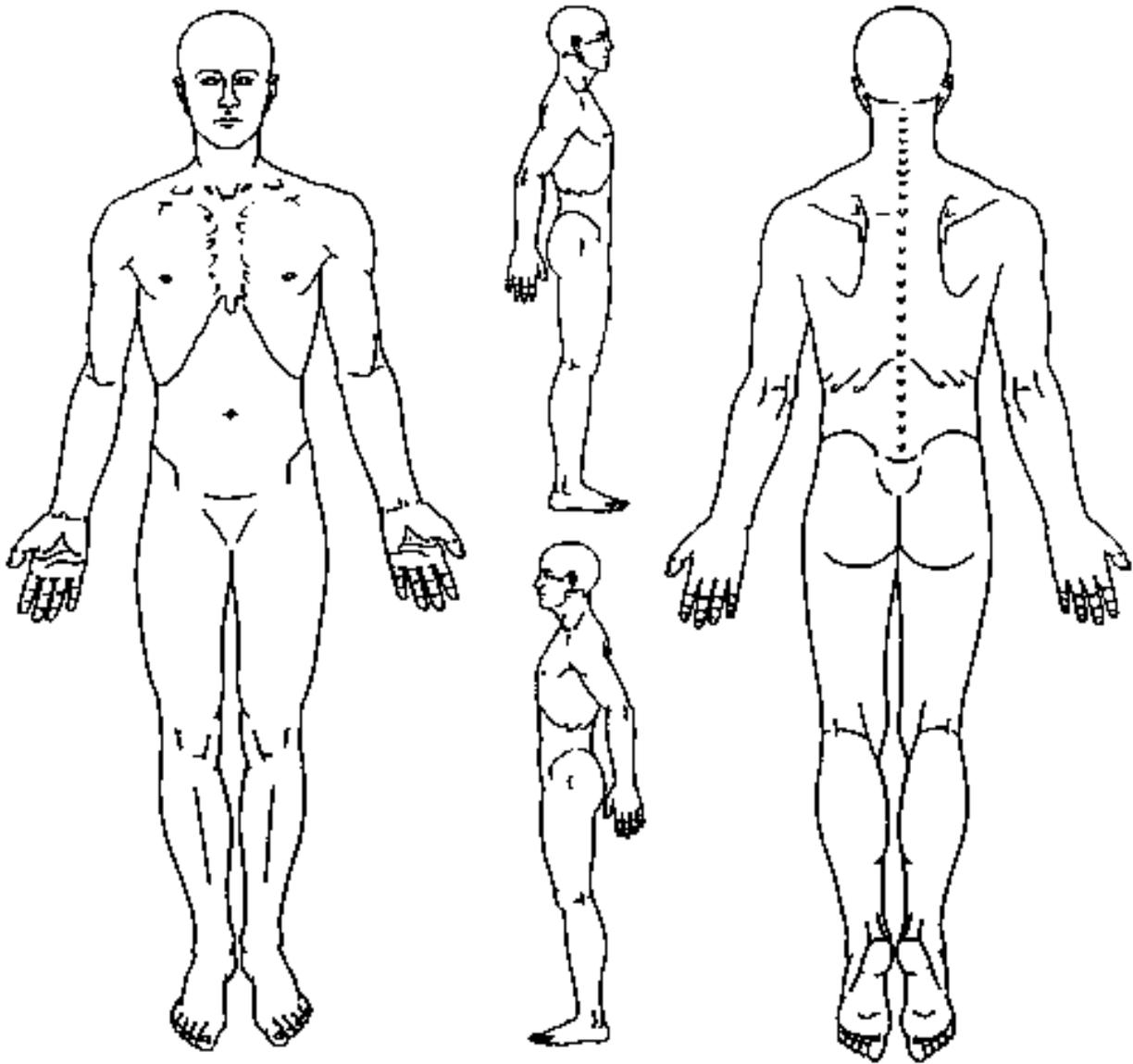
DISABILITY INDEX SCORE: % _____

THE REVISED OSWESTRY PAIN QUESTIONNAIRE

NAME _____ DATE _____

How long have you had back pain _____ years _____ months _____ weeks

On the diagram below, please indicate where you are experiencing pain, right now. Please complete both sides of this form.



A = ACHE

B = BURNING

N = NUMBNESS

P = PINS & NEEDLES

S = STABBING

O = OTHER

NECK DISABILITY INDEX

THIS QUESTIONNAIRE IS DESIGNED TO HELP US BETTER UNDERSTAND HOW YOUR NECK PAIN AFFECTS YOUR ABILITY TO MANAGE EVERYDAY -LIFE ACTIVITIES. PLEASE MARK IN EACH SECTION THE **ONE BOX** THAT APPLIES TO YOU. ALTHOUGH YOU MAY CONSIDER THAT TWO OF THE STATEMENTS IN ANY ONE SECTION RELATE TO YOU, PLEASE MARK THE BOX THAT **MOST CLOSELY** DESCRIBES YOUR PRESENT -DAY SITUATION.

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 very severe at the moment.
- The pain is the worst imaginable at the moment.

SECTION 2 - PERSONAL CARE

- I can look after myself normally without causing extra pain.
- I can look after myself normally, but it causes extra pain.
- 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 self -care.
- I do not get dressed. I wash with difficulty and stay in bed.

SECTION 3 – LIFTING

- I can lift heavy weights without causing 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 items are conveniently positioned, ie. on a table.
- Pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned.
- I can lift only very light weights.
- I cannot lift or carry anything at all.

SECTION 4 – WORK

- I can do as much work as I want.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I can't do my usual work.
- I can hardly do any work at all.
- I can't do any work at all.

SECTION 5 – HEADACHES

- I have no headaches at all.
- I have slight headaches that come infrequently.
- I have moderate headaches that come infrequently.
- I have moderate headaches that come frequently.
- I have severe headaches that come frequently.
- I have headaches almost all the time.

SECTION 6 – CONCENTRATION

- I can concentrate fully without difficulty.
- I can concentrate fully with slight difficulty.
- I have a fair degree of difficulty concentrating.
- I have a lot of difficulty concentrating.
- I have a great deal of difficulty concentrating.
- I can't concentrate at all.

SECTION 7 – SLEEPING

- I have no trouble sleeping.
- My sleep is slightly disturbed for less than 1 hour.
- My sleep is mildly disturbed for up to 1-2 hours.
- My sleep is moderately disturbed for up to 2-3 hours.
- My sleep is greatly disturbed for up to 3-5 hours.
- My sleep is completely disturbed for up to 5-7 hours.

SECTION 8 – DRIVING

- I can drive my car without neck pain.
- I can drive as long as I want with slight neck pain.
- I can drive as long as I want with moderate neck pain.
- I can't drive as long as I want because of moderate neck pain.
- I can hardly drive at all because of severe neck pain.
- I can't drive my car at all because of neck pain.

SECTION 9 – READING

- I can read as much as I want with no neck pain.
- I can read as much as I want with slight neck pain.
- I can read as much as I want with moderate neck pain.
- I can't read as much as I want because of moderate neck pain.
- I can't read as much as I want because of severe neck pain.
- I can't read at all.

SECTION 10 – RECREATION

- I have no neck pain during all recreational activities.
- I have some neck pain with all recreational activities.
- I have some neck pain with a few recreational activities.
- I have neck pain with most recreational activities.
- I can hardly do recreational activities due to neck pain.
- I can't do any recreational activities due to neck pain.

PATIENT NAME _____

DATE _____

SCORE _____ [50]

BENCHMARK -5 = _____