

# Oswestry Low Back Pain Scale

Please rate the severity of your pain by circling a number below:

No Pain	0	1	2	3	4	5	6	7	8	9	10 Severe Pain
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Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Please circle ONE NUMBER in each section which most closely describes your problem.

## Section 1- Pain Intensity

- 0.The pain comes and goes and is very mild
- 1.The pain is mild and doesn't vary much
- 2.The pain comes and goes and is moderate
- 3.The pain is moderate and doesn't vary much
- 4.The pain comes and goes and is severe
- 5.The pain is severe and does not vary much

## Section 2- Personal Care (Washing, Dressing, etc.)

- 0.I wouldn't have to change my way of washing or dressing in order to avoid pain
- 1.I don't normally change my way of washing or dressing even though it causes some pain.
- 2.Washing & dressing increase the pain but I manage not to change my way of doing it
- 3.Washing & dressing increases the pain & I find it necessary to change my way of doing it
- 4.Because of the pain I am unable to do some washing & dressing without help.
- 5.Because of the pain I am unable to do any washing & dressing without help.

## Section 3- Lifting

- 0.I can lift heavy weights without extra pain
- 1.I can lift heavy weights but it gives extra pain
- 2.Pain prevents me lifting heavy weights off the floor
- 3.Pain prevents me lifting heavy weights off the floor but I can manage if they are conveniently positioned e.g. on a table
- 4.Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- 5.I can only lift very light weights at most

## Section 4- Walking

- 0.I have no pain on walking
- 1.I have some pain on walking but it doesn't increase with distance
- 2.I can't walk more than 1 mile without increasing pain
- 3.I can't walk more than  $\frac{1}{2}$  mile without increasing pain
- 4.I can't walk more than  $\frac{1}{4}$  mile without increasing pain
- 5.I can't walk at all without increasing pain

## Section 5- Sitting

- 0.I can sit in any chair as long as I like
- 1.I can sit only in my favorite chair as long as I like
- 2.Pain prevents me from sitting more than 1 hour
- 3.Pain prevents me from sitting more than  $\frac{1}{2}$  hour
- 4.Pain prevents me from sitting more than 10 minutes
- 5.I avoid sitting because it increases pain immediately

## Section 6- Standing

- 0.I can stand as long as I want without pain
- 1.I have some pain on standing but it doesn't increase with time.
- 2.I can't stand for longer than 1 hr without increasing pain
- 3.I can't stand for longer than  $\frac{1}{2}$  hr without increasing pain
- 4.I can't stand for longer than 10 minutes without increasing pain
- 5.I avoid standing because it increases the pain immediately

**Continue on back**

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Please rate the severity of your pain by circling a number below:

## Section 7- Sleeping

- 0.I have no pain in bed
- 1.I have pain in bed but it doesn't prevent me from sleeping well.
- 2.Because of pain my normal nights sleep is reduced by less than one-quarter
- 3.Because of pain my normal sleep is reduced by less than one-half
- 4.Because of pain my normal nights sleep is reduced by less than three-quarters
- 5.Pain prevents me from sleeping at all

## Section 8- Social Life

- 0.My social life is normal and gives me no pain
- 1.My social life is normal but it increases the degree of pain
- 2.Pain has no significant effect on my social life apart from limiting my more energetic interests
- 3.Pain has restricted my social life and I don't go out very often
- 4.Pain has restricted my social life to my home
- 5.I have hardly any social life because of the pain

## Section 9-Traveling

- 0.I get no pain when traveling
- 1.I get some pain when traveling but non of my usual forms of travel make it any worse
- 2.I get extra pain while traveling but it doesn't compel me to seek alternate forms of travel
- 3.I get extra pain while traveling which compels to seek alternative forms of travel
- 4.Pain restricts me to short necessary journeys under  $\frac{1}{2}$  hour
- 5.Pain restricts all forms of travel

## Section 10- Changing Degree of Pain

- 0.My pain is rapidly getting better
- 1.My pain fluctuates but is definitely getting better
- 2.My pain seems to be getting better but improvements is slow
- 3.My pain is neither getting better or worse
- 4.My pain is gradually worsening
- 5.My pain is rapidly worsening

[Continue on back](#)