

OSWESTRY DISABILITY INDEX (ODI)



PHYSIOTUTORS

Patient Name: _____

Date: _____

Please complete this questionnaire. It is designed to give us information as to how your back (or leg) trouble affects your ability to manage in everyday life. Please answer every section. Tick one box only in each section that most closely describes you today.

1 - PAIN INTENSITY

- | | |
|--|--|
| <input type="checkbox"/> I have no pain at the moment | <input type="checkbox"/> The pain is fairly severe at the moment |
| <input type="checkbox"/> The pain is very mild at the moment | <input type="checkbox"/> The pain is very severe at the moment |
| <input type="checkbox"/> The pain is moderate at the moment | <input type="checkbox"/> The pain is the worst pain imaginable at the moment |

2 - PERSONAL CARE (WASHING, DRESSING ETC)

- | | |
|---|---|
| <input type="checkbox"/> I can look after myself normally without causing extra pain | <input type="checkbox"/> I need some help but manage most of my personal care |
| <input type="checkbox"/> I can look after myself normally but it is very painful | <input type="checkbox"/> I need help every day in most aspects of self-care |
| <input type="checkbox"/> It is painful to look after myself and I am slow and careful | <input type="checkbox"/> I do not get dressed, wash with difficulty and stay in bed |

3 - LIFTING

- | | |
|--|---|
| <input type="checkbox"/> I can lift heavy weights without extra pain | <input type="checkbox"/> Pain prevents me from lifting heavy weights off the floor but I can manage light to medium weights if they are conveniently positioned |
| <input type="checkbox"/> I can lift heavy weights but it gives extra pain | <input type="checkbox"/> I can lift only very light weights |
| <input type="checkbox"/> Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, eg on a table | <input type="checkbox"/> I cannot lift or carry anything at all |

4 - WALKING

- | | |
|---|---|
| <input type="checkbox"/> Pain does not prevent me walking any distance | <input type="checkbox"/> Pain prevents me walking more than 100 yards |
| <input type="checkbox"/> Pain prevents me walking more than one mile | <input type="checkbox"/> I can only walk using a stick or crutches |
| <input type="checkbox"/> Pain prevents me walking more than a quarter of a mile | <input type="checkbox"/> I am in bed most of the time and have to crawl to the toilet |

5 - SITTING

- | | |
|--|---|
| <input type="checkbox"/> I can sit in any chair as long as I like | <input type="checkbox"/> Pain prevents me from sitting for more than half an hour |
| <input type="checkbox"/> I can sit in my favourite chair as long as I like | <input type="checkbox"/> Pain prevents me from sitting for more than 10 minutes |
| <input type="checkbox"/> Pain prevents me from sitting more than 1 hour | <input type="checkbox"/> Pain prevents me from sitting at all |

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 for more than 1 hour
- Pain prevents me from standing for more than half an hour
- Pain prevents me from standing for more than 10 minutes
- Pain prevents me from standing at all

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

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

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 (sports etc.)
- 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

10 - TRAVELLING

- I can travel anywhere without pain
- I can travel anywhere but it gives extra pain
- Pain is bad but I manage journeys over two hours
- Pain restricts me to journeys of less than one hour
- Pain restricts me to short necessary journeys under 30 minutes
- Pain prevents me from travelling except to receive treatment

