



PHYSICAL THERAPY SERVICES
OF BRATTLEBORO, INC.
30 Harris Place, Brattleboro, VT 05301
Phone: 802.254.4699 Fax: 802.257.1985

Oswestry Disability Questionnaire

This questionnaire has been designed to give us information as to how your back or leg pain is affecting your ability to manage in everyday life. Please answer by checking **one box in each section** for the statement which best applies to you. We realize you may consider that two or more statements in any one section apply, but please just check the one that indicated the statement **which most clearly describes your problem**

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 (WASHING, DRESSING,)

- 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 can 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 pain
- I can lift heavy weights but it gives me extra pain
- Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently placed, for example, on a table
- Pain prevents me lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned
- Pain prevents me lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned
- I can only lift very light weights

SECTION 4- WALKING

- Pain does not prevent me walking any distance
- Pain prevents me from walking more than a1 mile
- Pain prevents me from walking more than 0.5 miles
- Pain prevents me from walking more than 0.25 miles
- 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 only sit in my favorite chair as long as I like
- Pain prevents me from sitting more than 1 hour
- Pain prevents me from sitting more than 30 minutes
- Pain prevents me from sitting more than 10 minutes
- 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 for more than 1 hour
- Pain prevents me from standing for more than 30 minutes
- Pain prevents me from standing for more than 10 minutes
- 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 – SOCIAL LIFE

- My social life is normal and gives me no extra pain
- My social life is normal but causes some extra pain
- Pain has no significant effect on my social life apart from limiting energetic interests, for example 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 9 – TRAVELLING

- I can travel anywhere without pain
- I can travel anywhere but it gives me extra pain
- Pain is bad but I manage journeys over 2 hours
- Pain restricted me to journeys of less than 1 hour
- Pain restricts me to short necessary journeys under 30 minutes
- Pain prevents me from travelling except to receive treatment

SECTION 10- CHANGING DEGREE OF PAIN

- My pain is rapidly getting better
- My pain fluctuates, but is definitively getting better
- My pain seems to be getting better, but no improvement
- My pain is neither getting better, nor worse
- My pain is gradually worsening
- My pain is rapidly worsening