

**SECTION 1 - PAIN INTENSITY**

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

**SECTION 2 - PERSONAL CARE**

- 0) I would not have to change my way of washing or dressing in order to avoid pain
- 1) I do not normally change my way of washing or dressing even though it causes some pain
- 2) Washing and dressing increases the pain, but I manage not to change my way of doing it
- 3) Washing and dressing increases the pain and I find it necessary to change my way of doing it
- 4) Because of the pain, I am unable to do some washing and dressing without help
- 5) Because of the pain, I am unable to do any washing and dressing without help

**SECTION 3 - LIFTING**

- 0) I can lift heavy weights without extra pain
- 1) I can lift heavy weights, but it causes extra pain
- 2) Pain prevents me from lifting heavy weights off the floor, but I manage if they are conveniently positioned (e.g. on a table)
- 3) Pain prevents me from lifting heavy weights off the floor
- 4) Pain prevents me from 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 the most

**SECTION 4 - WALKING**

- 0) I have no pain while walking
- 1) I have some pain when walking, but it does not increase with distance
- 2) I cannot walk more than one mile without increasing pain
- 3) I cannot walk more than 1/2 mile without increasing pain
- 4) I cannot walk more than 1/4 mile without increasing pain
- 5) I cannot walk at all without increasing pain

**SECTION 5 - SITTING**

- 0) I can sit in any chair as long as I like
- 1) I can only sit in my favorite chair as long as I like
- 2) Pain prevents me from sitting more than one hour
- 3) Pain prevents me from sitting more than 1/2 hour
- 4) Pain prevents me from sitting more than 10 minutes
- 5) I avoid sitting because it increases pain right away

**SECTION 6 - STANDING**

- 0) I can stand as long as I want without pain
- 1) I have some pain while standing, but it does not increase with time
- 2) I cannot stand for longer than one hour without increasing pain
- 3) I cannot stand for longer than 1/2 hour without increasing pain
- 4) I cannot stand for longer than 10 minutes without increasing pain
- 5) I avoid standing because it increases the pain right away

**SECTION 7 - SLEEPING**

- 0) I get no pain in bed
- 1) I get pain in bed, but it does not prevent me from sleeping well
- 2) Because of pain, my normal night's sleep is reduced by less than 1/4
- 3) Because of pain, my normal night's sleep is reduced by less than 1/2
- 4) Because of pain, my normal night's sleep is reduced by less than 3/4
- 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 increases the degree of pain
- 2) Pain has no significant effect on my social life apart from limiting my more energetic interests (e.g. dancing, etc.)
- 3) Pain has restricted my social life and I do not 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 while traveling
- 1) I get some pain while traveling, but none of my usual forms of travel makes it any worse
- 2) I get extra pain while traveling, but it does not compel me to seek alternative forms of travel
- 3) I get extra pain while traveling, which compels me to seek alternative forms of travel
- 4) Pain restricts all forms of travel
- 5) Pain prevents all forms of travel except that done while lying down

**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 improvement is slow at present
- 3) My pain is neither getting better nor worse
- 4) My pain is gradually worsening
- 5) My pain is rapidly worsening

<b>Total:</b> _____ / _____ = _____ % Total score / (# of sections completed x 5)
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**The Oswestry Disability Index**