

**Owestry Low Back Pain Disability Questionnaire**  
**Owestry Disability Index**

Please complete this questionnaire. It is designed to tell us how your back pain affects your ability to function in everyday life.

*I am filling this questionnaire out (pick one):*

- Prior to surgery*     *6 weeks after surgery*     *3 months after surgery*     *6 months after surgery*  
 *1 year after surgery*     *2 years after surgery*

**Please answer each section below by checking the one (1) choice that applies the most to you at this time.** You may feel that more than one of the statements relates to you at this time, but it is very important that you check only one (1) choice that best describes your problem at this time.

I have "Chronic Pain" or pain that has bothered me for 3 months or more:     Yes     No

**Section 1: Pain Intensity**

- I can tolerate the pain I have without have to use pain killers (0 points)
- The pain is bad but I manage without taking pain killers (1 point)
- Pain killers give complete relief from pain (2 points)
- Pain killers give moderate relief from pain (3 points)
- Pain killers give very little relief from pain (4 points)
- Pain killers have no effect on the pain and I do not use them (5 points)

**Section 2: Personal Care**

- I can look after myself normally without causing extra pain (0 points)
- I can look after myself normally but it causes extra pain (1 point)
- It is painful to look after myself and I am slow and careful (2 points)
- I need some help but manage most of my personal care (3 points)
- I need help every day in most aspects of self care (4 points)
- I do not get dressed, wash with difficulty, and stay in bed (5 points)

**Section 3: Lifting**

- I can lift heavy weights without extra pain (0 points)
- I can lift heavy weights but it gives extra pain (1 point)
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned. For example, on a table. (2 points)
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. For example, on a table. (3 points)
- I can lift only very light weights (4 points)
- I cannot lift or carry anything at all (5 points)

Owestry Low Back Pain Disability Questionnaire  
Owestry Disability Index - page 2

**Section 4: Walking**

- Pain does not prevent me walking any distance (0 points)
- Pain prevents me from walking more than 1 mile (1 point)
- Pain prevents me walking more than 0.5 mile (2 points)
- Pain prevents me walking more than 0.25 mile (3 points)
- I can only walk using a stick or crutches (4 points)
- I am in bed most of the time and have to crawl to the toilet (5 points)

**Section 5: Sitting**

- I can sit in any chair as long as I like (0 points)
- I can only sit in my favorite chair as long as I like (1 point)
- Pain prevents me from sitting more than 1 hour (2 points)
- Pain prevents me from sitting more than 0.5 hours (3 points)
- Pain prevents me from sitting for more than 10 minutes (4 points)
- Pain prevents me from sitting at all (5 points)

**Section 6: Standing**

- I can stand as long as I want without extra pain (0 points)
- I can stand as long as I want but it gives me extra pain (1 point)
- Pain prevents me from standing for more than 1 hour (2 points)
- Pain prevents me from standing for more than 30 minutes (3 points)
- Pain prevents me from standing for more than 10 minutes (4 points)
- Pain prevents me from standing at all (5 points)

**Section 7: Sleeping**

- Pain does not prevent me from sleeping (0 points)
- I can sleep well only by using tablets (1 point)
- Even when I take tablets I have less than 6 hours of sleep (2 points)
- Even when I take tablets I have less than 4 hours of sleep (3 points)
- Even when I take tablets I have less than 2 hours of sleep (4 points)
- Pain prevents me from sleeping at all (5 points)

## Owestry Low Back Pain Disability Questionnaire

### Owestry Disability Index - page 3

#### Section 8: Sex Life

- My sex life is normal and causes no extra pain (0 points)
- My sex life is normal but causes some extra pain (1 point)
- My sex life is nearly normal but is very painful (2 points)
- My sex life is severely restricted by pain (3 points)
- My sex life is nearly absent because of pain (4 points)
- Pain prevents any sex life at all (5 points)

#### Section 9: Social Life

- My social life is normal and gives me no extra pain (0 points)
- My social life is normal but increases the degree of pain (1 point)
- Pain has no significant effect on my social life apart from limiting energetic interests such as dancing (2 points)
- Pain has restricted my social life and I do not go out as often (3 points)
- Pain has restricted my social life to my home (4 points)
- I have no social life because of pain (5 points)

#### Section 10: Traveling

- I can travel anywhere without extra pain (0 points)
- I can travel anywhere but it gives me extra pain (1 point)
- Pain is bad, but I manage journeys over 2 hours (2 points)
- Pain restricts me to journeys of less than 1 hour (3 points)
- Pain restricts me to short necessary journeys under 30 minutes (4 points)
- Pain prevents me from traveling except to the doctor or hospital (5 points)

**Interpretation:** Simply add up your points for each section and plug it into the following formula in order to calculate your level of disability:  $\text{point total}/50 \times 100 = \% \text{ disability}$  (aka: 'point total' divided by '50' multiply by '100'=percent disability). Example: on my las ODI I scored 18. So,  $18/50 \times 100 = 36\%$  disability.

#### ODI Scoring:

0% to 20% (minimal disability): Patients can cope with most activities of daily living. No treatment may be indicated except for suggestions on lifting, posture, physical fitness and diet. Patients with sedentary occupations (ex. Secretaries) may experience more problems than others.

21% to 40% (moderate disability): Patients may experience more pain and problems with sitting, lifting, and standing. Travel and social life are more difficult. Patients may be off work. Personal care, sleeping, and sexual activity may not be grossly affected. Conservative treatment may be sufficient.

41% to 60% (severe disability): Pain is a primary problem for these patients, but they may also be experiencing significant problems in travel, personal care, social life, sexual activity and sleep. A detailed evaluation is appropriate.

61% to 80% (crippled): Back pain has an impact on all aspects of daily living and work. Active treatment is required.

81% to 100%: These patients may be bed bound or exaggerating their symptoms. Careful evaluation is recommended.