



## 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
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Unbearable  
Pain

Instructions: Please circle the ONE NUMBER in each section which describes your problem best.

### Section 1: Pain Intensity

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

### Section 2: Personal Care

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

### Section 3: Lifting

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

### Section 4: Walking

0. I have no pain on walking (0pts)
1. I have some pain on walking but it does not increase with distance (1pt)
2. I cannot walk more than 1 mile without increasing pain (2pts)
3. I cannot walk more than 1/2 mile without increasing pain (3pts)
4. I cannot walk more than 1/4 mile without increasing pain (4pts)
5. I cannot walk at all without increasing pain (5pts)

### Section 5: Sitting

0. I can sit in any chair as long as I would like (0pts)
1. I can sit only in my favorite chair as long as I would like (1pt)
2. Pain prevents me from sitting more than 1 hour (2pts)
3. Pain prevents me from sitting more than 1/2 hour (3pts)
4. Pain prevents me from sitting more than 10 minutes (4pts)
5. I avoid sitting because it increases my pain immediately (5pts)

### Section 6: Standing

0. I can stand as long as I want without pain (0pts)
1. I have some pain with standing but it does not increase with time (1pt)
2. I cannot stand for more than 1 hour without increasing the pain (2pts)
3. I cannot stand for more than 1/2 hour without increasing the pain (3pts)
4. I cannot stand for longer than 10 minutes without increasing the pain (4pts)
5. I avoid standing because it increases the pain immediately (5pts)

### Section 7: Sleeping

0. I get no pain in bed (0pts)
1. I get pain in bed but it does not prevent me from sleeping well (1pt)
2. Because of pain my normal nights sleep is reduced by less than one quarter (2pts)
3. Because of pain my normal nights sleep is reduced by less than half (3pts)
4. Because of pain my normal nights sleep is reduced by less than three quarters (4 pts)
5. Pain prevents me from sleeping at all (5pts)

### Section 8: Social life

0. My social life is normal and gives me no pain (0pts)
1. My social life is normal but it increases the degree of pain (1pt)
2. Pain has no significant effect on my social life apart from limiting my more energetic interest (ex dancing) (2pts)
3. Pain has restricted my social life and I do not go out very often (3pts)
4. Pain has restricted my social life to my home (4pt)
5. I have hardly any social life because of the pain (5pts)

### Section 9: Traveling

0. I get no pain when traveling (0pts)
1. I get some pain when traveling but none of my usual forms of travel make it any worse (1pt)
2. I get extra pain while traveling but it does not compel me to alternative forms of travel (2pts)
3. I get extra pain while traveling which compels me to seek alternative forms of travel (3pts)
4. Pain restricts me to short necessary journeys under 1/2hr (4pts)
5. Pain restricts all forms of travel (5pts)

### Section 10: Changing degree of pain

0. My pain is rapidly getting better (0pts)
1. My pain fluctuates but is definitely getting better (1pt)
2. My pain seems to be getting better but improvement is slow (2pts)
3. My pain is neither getting better or worse (3pts)
4. The pain is gradually worsening (4pts)
5. The pain is rapidly worsening (5pts)