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## **OSWESTRY LOW BACK PAIN SCALE**

Select the best description of your back pain with an “X” in the [ ]:

### Section 1 – Pain Intensity

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

### Section 2 – Personal Care (Washing, Dressing, etc.):

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

### Section 3 – Lifting

- I can lift heavy weights without extra pain. (0 pts)
- I can lift heavy weights but with extra pain. (1 pt)
- Pain prevents me from lifting heavy weights off the floor. (2 pts)
- Pain prevents me lifting heavy weights unless they are on a table. (3 pts)
- Pain prevents me lifting heavy weight but I can manage light/medium ones. (4 pts)
- I can only lift very light weights at most. (5 pts)

### Section 4 – Walking

- I have no pain with walking (0 pts)
- I have some pain walking but it does not increase with distance. (1 pt)
- I cannot walk more than 1 mile without increasing pain. (2 pts)

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- I cannot walk more than ½ mile without increasing pain. (3 pts)
- I cannot walk more than ¼ mile without increasing pain. (4 pts)
- I cannot walk at all without increasing pain. (5 pts)

#### Section 5 – Sitting

- I can sit in any chair as long as I like. (0 pts)
- I can only sit in my favorite chair as long as I like (1 pt)
- Pain prevents me from sitting more than 1 hour. (2 pts)
- Pain prevents me from sitting more than ½ hour. (3 pts)
- Pain prevents me from sitting more than 10 minutes. (4 pts)
- I avoid sitting because it increases pain immediately. (5 pts)

#### Section 6 – Standing

- I can stand as long as I want without pain. (0 pts)
- I have some pain standing but it does not increase with time. (1 pt)
- I cannot stand for longer than 1 hour without increasing pain. (2 pts)
- I cannot stand for longer than ½ hour without increasing pain. (3 pts)
- I cannot stand for longer than 10 minutes without increasing pain. (4 pts)
- I avoid standing because it increases pain immediately. (5 pts)

#### Section 7 – Sleeping

- I get no pain in bed. (0 pts)
- I get pain in bed but it does not prevent me from sleeping well. (1 pt)
- Because of pain my normal night's sleep is reduced by less than ¼. (2 pts)
- Because of pain my normal night's sleep is reduced by less than ½. (3 pts)
- Because of pain my normal night's sleep is reduced by less than ¾. (4 pts)
- Pain prevents me from sleeping at all. (5 pts)

#### Section 8 – Sex life [if applicable][Cross out if not applicable]

- My sex life is normal and causes no extra pain
- My sex life is normal but causes some extra pain
- My sex life 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

#### Section 9 – Social Life

- My social life is normal and gives me no pain. (0 pts)
- My social life is normal but it increases pain. (1 pt)
- Pain has not effect on my social life aside from energetic interests, e.g. dancing, etc. (2 pts)
- Pain has restricted my social life and I do not go out often. (3 pts)
- Pain has restricted my social like to my home. (4 pts)
- I have hardly any social life due to pain. (5 pts)

#### Section 10 – Traveling

- I get no pain when traveling. (0 pts)
- I get some pain but my usual traveling doesn't make it worse. (1 pt)
- I get extra pain but it does not cause me to seek alternate forms of travel. (2 pts)
- I get extra pain which forces me to find alternative forms of travel. (3 pts)
- Pain restricts me to necessary journeys under ½ hour. (4 pts)

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Pain restricts me to all forms of travel. (5 pts)

Section 11 – Degree

My pain is rapidly getting better. (0 pts)

My pain fluctuates but is definitely getting better. (1 pt)

My pain seems to be getting better but improvement is slow. (2 pts)

My pain is neither getting better or worse. (3 pts)

My pain is gradually worsening. (4 pts)

My pain is rapidly worsening. (5 pts)

**Total Oswestry Score:** \_\_\_\_\_