

If you have pain or difficulty that is concentrated in your lower back, please feel free to assess your ability to function and need for treatment by using the scale below.

OSWESTRY LOW BACK PAIN INDEX

PAIN INTENSITY	STANDING
The pain comes and goes and is very mild.	<input type="checkbox"/> I can stand as long as I want without pain.
The pain is mild and does not vary much.	<input type="checkbox"/> I have some pain on standing but it does not increase with time.
The pain comes and goes and is moderate.	<input type="checkbox"/> I cannot stand for longer than 1 hour without increasing pain.
The pain is moderate and does not vary much.	<input type="checkbox"/> I cannot stand for longer than 1/2 hour without increasing pain.
The pain comes and goes and is severe.	<input type="checkbox"/> I cannot stand for longer than 10 minutes without increasing pain.
The pain is severe and does not vary much.	<input type="checkbox"/> I avoid standing because it increases the pain immediately.
LIFTING	SOCIAL LIFE
I can lift heavy weights without extra pain.	<input type="checkbox"/> My social life is normal and gives me no pain.
I can lift heavy weights but it gives extra pain.	<input type="checkbox"/> My social life is normal but it increases the degree of pain.
Pain prevents me lifting heavy weights off the floor.	<input type="checkbox"/> Pain has no significant effect on my social life apart from limiting my more energetic in
Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g., on a table.	<input type="checkbox"/> Pain has restricted my social life and I do not go out very often.
Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.	<input type="checkbox"/> Pain has restricted my social life to my home.
I can only lift very light weights at most.	<input type="checkbox"/> I have hardly any social life because of the pain.
WALKING	SLEEPING
I have no pain on walking.	<input type="checkbox"/> I get no pain in bed.
I have some pain on walking but it does not increase with distance.	<input type="checkbox"/> I get pain in bed but it does not prevent me from sleeping well.
I cannot walk more than 1 mile without increasing pain.	<input type="checkbox"/> Because of pain my normal nights sleep is reduced by less than one-quarter.
I cannot walk more than 1/2 mile without increasing pain.	<input type="checkbox"/> Because of pain my normal nights sleep is reduced by less than one-half.
I cannot walk more than 1/4 mile without increasing pain.	<input type="checkbox"/> Because of pain my normal nights sleep is reduced by less than three-quarters.
I cannot walk at all without increasing pain.	<input type="checkbox"/> Pain prevents me from sleeping at all.
SITTING	CHANGING DEGREE OF PAIN
I can sit in any chair as long as I like.	<input type="checkbox"/> My pain is rapidly getting better.
I can sit only in my favorite chair as long as I like.	<input type="checkbox"/> My pain fluctuates but is definitely getting better.
Pain prevents me from sitting more than 1 hour.	<input type="checkbox"/> My pain seems to be getting better but improvement is slow.
Pain prevents me from sitting more than 1/2 hour.	<input type="checkbox"/> My pain is neither getting better or worse.
Pain prevents me from sitting more than 10 minutes.	<input type="checkbox"/> My pain is gradually worsening.
I avoid sitting because it increases pain immediately.	<input type="checkbox"/> My pain is rapidly worsening.
PERSONAL CARE (washing, dressing, etc.)	TRAVELING
I would not have to change my way of washing or dressing in order to avoid pain.	<input type="checkbox"/> I get no pain when traveling.
I do not normally change my way of washing or dressing even though it causes some pain.	<input type="checkbox"/> I get some pain when traveling but none of my usual forms of travel make it any worse.
Washing and dressing increase the pain but I manage not to change my way of doing it.	<input type="checkbox"/> I get extra pain while traveling but it does not compel me to seek alternate forms of travel.
Washing and dressing increase the pain and I find it necessary to change my way of doing it.	<input type="checkbox"/> I get extra pain while traveling which compels to seek alternative forms of travel.
Because of the pain I am unable to do some washing and dressing without help.	<input type="checkbox"/> Pain restricts me to short necessary journeys under 1/2 hour.
Because of the pain I am unable to do any washing and dressing without help.	<input type="checkbox"/> Pain restricts all forms of travel.