

Name: _____ DOB: _____ Date: _____

BACK PAIN SCALE

The Oswestry Scale “**Back Pain Rating**” is a standardized tool that measures a patient’s physical limitations due to pain. **PLEASE COMPLETE THIS AT EVERY VISIT.**

I have “chronic pain” or pain that has bothered me for 3 months or more:

Yes No

Check one of the following:

Prior to surgery 6 weeks post-op 3 months post-op
 6 months post-op 1 year post-op 2 years post-op

INSTRUCTIONS: Answer the questions below by checking the ‘**best answer**’ that describes your typical pain and/or limitations today. **Only choose ONE answer.** (If your limitations fall between two answers, pick the one with higher point value.)

Section 1: Pain Intensity CHOOSE ONE ANSWER ONLY

- 0 _____ Little to no pain at the moment.
- 1 _____ Pain is very mild at the moment.
- 2 _____ Pain is moderate at the moment.
- 3 _____ Pain is moderate to severe at the moment.
- 4 _____ Pain is very severe at the moment.
- 5 _____ Pain is the worst imaginable at the moment.

Section 2: Personal Care CHOOSE ONE ANSWER ONLY

- 0 _____ Can look after self normally without extra pain.
- 1 _____ Can look after self normally but causes extra pain.
- 2 _____ Painful to care for self - am slow and careful.
- 3 _____ Need some help but manage most personal care.
- 4 _____ Need help every day with most personal care.
- 5 _____ Do not get dressed, wash with difficulty, stay in bed.

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Section 3: Lifting CHOOSE ONE ANSWER ONLY

- 0 _____ Can lift heavy weights without extra pain.
- 1 _____ Can lift heavy weights but it causes extra pain.
- 2 _____ Pain prevents lifting heavy weights off the floor.
- 3 _____ Pain prevents lifting heavy weights - light to medium OK.
- 4 _____ Can lift only very light weights.
- 5 _____ Cannot lift or carry anything at all.

Section 4: Walking CHOOSE ONE ANSWER ONLY

- 0 _____ Can walk as far as needed.
- 1 _____ Pain keeps me from walking more than 1 mile.
- 2 _____ Pain keeps me from walking more than ½ mile.
- 3 _____ Pain keeps pt from walking more than ¼ mile.
- 4 _____ Can walk using cane or crutches.
- 5 _____ In bed or chair most of every day.

Section 5: Sitting CHOOSE ONE ANSWER ONLY

- 0 _____ Can sit in any chair as long as I like.
- 1 _____ Can only sit in my favorite chair (e.g., recliner) as long as I like.
- 2 _____ Pain prevents sitting more than 1 hour.
- 3 _____ Pain prevents sitting more than 30 minutes.
- 4 _____ Pain prevents sitting more than 10 minutes.
- 5 _____ Pain prevents sitting at all.

Section 6: Standing (Note, standing is *not* walking.) CHOOSE ONE ANSWER ONLY

- 0 _____ Can stand as long as needed without extra pain.
- 1 _____ Can stand as long as needed but it gives me extra pain.
- 2 _____ Pain prevents standing more than 1 hour.
- 3 _____ Pain prevents standing more than 30 minutes.
- 4 _____ Pain prevents standing more than 10 minutes.
- 5 _____ Pain prevents standing at all.

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Section 7: Sleeping CHOOSE ONE ANSWER ONLY

- 0 _____ No trouble sleeping.
- 1 _____ Sleep is slightly disturbed (less than 1 hr).
- 2 _____ Sleep is mildly disturbed (1-2 hours).
- 3 _____ Sleep is moderately disturbed (2-3 hours).
- 4 _____ Sleep is greatly disturbed (3-5 hours).
- 5 _____ Pain prevents me from sleeping at all (5-7 hours).

Section 8: Sex Life CHOOSE ONE ANSWER ONLY

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

Section 9: Social Life CHOOSE ONE ANSWER ONLY

- 0 _____ Social life is normal and causes no extra pain.
- 1 _____ Social life is normal but increases pain.
- 2 _____ Pain affects social life for energetic interests.
- 3 _____ Pain restricts my social life – do not go out as often.
- 4 _____ Pain restricts social life to home.
- 5 _____ No social life due to pain.

Section 10: Traveling CHOOSE ONE ANSWER ONLY

- 0 _____ Can travel anywhere without extra pain.
- 1 _____ Can travel anywhere with extra pain.
- 2 _____ Pain is bad but can travel over 2 hours.
- 3 _____ Pain restricts travel to less than 1 hour.
- 4 _____ Pain restricts travel to less than 30 minutes.
- 5 _____ Pain prevents travel except to doctor/hospital.

COMPLETE ALL THREE PAGES
Updated: May 2014