

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

## **NECK PAIN SCALE**

The Oswestry Scale "**Neck 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 \_\_\_\_\_ No pain at the moment.
- 1 \_\_\_\_\_ Pain is very mild at the moment.
- 2 \_\_\_\_\_ Pain is moderate at the moment.
- 3 \_\_\_\_\_ Pain is fairly 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 help but manage most self care.
- 4 \_\_\_\_\_ Need help with most aspects of self care.
- 5 \_\_\_\_\_ Do not dress, wash with difficulty, stay in bed.

**COMPLETE ALL THREE PAGES**  
**Updated: May 2014**

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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 gives extra pain.
- 2 \_\_\_\_\_ Pain prevents lifting heavy weights off 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: Reading    CHOOSE ONE ANSWER ONLY**

- 0 \_\_\_\_\_ Can read as desired with no neck pain.
- 1 \_\_\_\_\_ Can read as desired with slight neck pain.
- 2 \_\_\_\_\_ Can read as desired with moderate neck pain.
- 3 \_\_\_\_\_ Cannot read as desired due to moderately severe neck pain.
- 4 \_\_\_\_\_ Can hardly read at all due to severe neck pain.
- 5 \_\_\_\_\_ Cannot read at all.

**Section 5: Headaches    CHOOSE ONE ANSWER ONLY**

- 0 \_\_\_\_\_ No headaches at all.
- 1 \_\_\_\_\_ Slight headaches that come infrequently.
- 2 \_\_\_\_\_ Moderate headaches that come infrequently.
- 3 \_\_\_\_\_ Moderate headaches that come frequently.
- 4 \_\_\_\_\_ Severe headaches that come frequently.
- 5 \_\_\_\_\_ Headaches almost all the time.

**Section 6: Concentration    CHOOSE ONE ANSWER ONLY**

- 0 \_\_\_\_\_ Can concentrate fully with no difficulty.
- 1 \_\_\_\_\_ Can concentrate fully with slight difficulty.
- 2 \_\_\_\_\_ Fair degree of difficulty concentrating.
- 3 \_\_\_\_\_ Much difficulty concentrating.
- 4 \_\_\_\_\_ Great deal of difficulty concentrating.
- 5 \_\_\_\_\_ Cannot concentrate at all.

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**Section 7: Work    CHOOSE ONE ANSWER ONLY**

- 0 \_\_\_\_\_ Can do as much work as I want.
- 1 \_\_\_\_\_ Can only do usual work but no more.
- 2 \_\_\_\_\_ Can do most usual work but no more.
- 3 \_\_\_\_\_ Cannot do usual work.
- 4 \_\_\_\_\_ Can hardly do any work at all.
- 5 \_\_\_\_\_ Cannot do any work at all.

**Section 8: Driving    CHOOSE ONE ANSWER ONLY**

- 0 \_\_\_\_\_ Can drive without any neck pain.
- 1 \_\_\_\_\_ Can drive as desired with slight neck pain.
- 2 \_\_\_\_\_ Can drive as desired with moderate neck pain.
- 3 \_\_\_\_\_ Cannot drive a car as desired due to moderately severe neck pain.
- 4 \_\_\_\_\_ Can hardly drive at all due to severe neck pain.
- 5 \_\_\_\_\_ Cannot drive at all.

**Section 9: 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 hrs).
- 3 \_\_\_\_\_ Sleep is moderately disturbed (2-3 hrs).
- 4 \_\_\_\_\_ Sleep is greatly disturbed (3-5 hrs).
- 5 \_\_\_\_\_ Sleep is completely disturbed (5-7 hrs).

**Section 10: Recreation    CHOOSE ONE ANSWER ONLY**

- 0 \_\_\_\_\_ Able to engage in all activities with no neck pain.
- 1 \_\_\_\_\_ Able to engage in all activities with slight neck pain.
- 2 \_\_\_\_\_ Able to engage in most activities with moderate neck pain.
- 3 \_\_\_\_\_ Able to engage in few activities due to moderately severe neck pain.
- 4 \_\_\_\_\_ Can hardly engage in any activities due to neck pain.
- 5 \_\_\_\_\_ Cannot engage in any activities at all.

**COMPLETE ALL THREE PAGES**  
**Updated: May 2014**