

Name _____ Date _____ DOB _____



Modified Oswestry Low Back Pain Disability Questionnaire (ODI/MDQ)

This questionnaire has been designed to give us information as to how your back is affecting your ability to manage in everyday life. Please answer by checking ONE box in each section for the statement which best applies to you. We realize you may consider that two or more statements in any one section apply but please just shade out the spot that indicates the statement which most clearly describes your problem. If have not performed an activity, please make your best guess as to which response would be. Please answer based on your ability regardless of how you perform the task

Did you have surgery for this issue prior to receiving therapy?

- Yes
- No

Pain Score: Over the past 24 hours, how bad has your pain been? (circle one)

No Pain 0 1 2 3 4 5 6 7 8 9 10 Worst Imaginable Pain

<p>1. Pain Intensity</p> <ul style="list-style-type: none"><input type="radio"/> I can tolerate the pain I have without using pain medication.<input type="radio"/> The pain is bad, but I can manage without having to take pain medication.<input type="radio"/> Pain medication provides me with complete relief from pain.<input type="radio"/> Pain medication provides me with moderate relief from pain.<input type="radio"/> Pain medication provides me with little relief from pain.<input type="radio"/> Pain medication has no effect on my pain. <p>2. Personal care (washing, dressing etc.)</p> <ul style="list-style-type: none"><input type="radio"/> I can take care of myself normally without causing increased pain.<input type="radio"/> I can take care of myself normally, but it increases my pain.<input type="radio"/> It is painful to take care myself, and I am slow and careful.<input type="radio"/> I need some help, but I am able to manage most of my personal care.<input type="radio"/> I need help every day in most aspects of my care.<input type="radio"/> I do not get dressed, wash with difficulty, and stay in bed.	<p>3. Lifting</p> <ul style="list-style-type: none"><input type="radio"/> I can lift heavy weights without increased pain.<input type="radio"/> I can lift heavy weights, but it causes increased pain.<input type="radio"/> Pain prevents me from lifting heavy weights off the floor, but I can manage if the weights are conveniently positioned (e.g. on a table).<input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.<input type="radio"/> I can lift only very light weights.<input type="radio"/> I cannot lift or carry anything at all. <p>4. Walking</p> <ul style="list-style-type: none"><input type="radio"/> Pain does not prevent me walking any distance.<input type="radio"/> Pain prevents me from walking more than 1 mile.<input type="radio"/> Pain prevents me from walking more than 1/2 mile.<input type="radio"/> Pain prevents me from walking more than 1/4 mile.<input type="radio"/> I can only walk with crutches or a cane.<input type="radio"/> I am in bed most of the time and have to crawl to the toilet.
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Turn Over

<p>5. Sitting</p> <ul style="list-style-type: none"> <input type="radio"/> I can sit in any chair as long as I like. <input type="radio"/> I can only sit in my favorite chair as long as I like. <input type="radio"/> Pain prevents me sitting more than one hour. <input type="radio"/> Pain prevents me from sitting more than 30 minutes. <input type="radio"/> Pain prevents me from sitting more than 10 minutes. <input type="radio"/> Pain prevents me from sitting at all. <p>6. Standing</p> <ul style="list-style-type: none"> <input type="radio"/> I can stand as long as I want without increased pain. <input type="radio"/> I can stand as long as I want, but it increases my pain. <input type="radio"/> Pain prevents me from standing for more than 1 hour. <input type="radio"/> Pain prevents me from standing for more than 30 minutes. <input type="radio"/> Pain prevents me from standing for more than 10 minutes. <input type="radio"/> Pain prevents me from standing at all. <p>7. Sleeping</p> <ul style="list-style-type: none"> <input type="radio"/> Pain does not prevent me from sleeping well. <input type="radio"/> I can sleep well only by using pain medication. <input type="radio"/> Even when I take pain medication, I sleep less than 6 hours. <input type="radio"/> Even when I take pain medication, I sleep less than 4 hours. <input type="radio"/> Even when I take pain medication, I sleep less than 2 hours. <input type="radio"/> Pain prevents me from sleeping at all. 	<p>8. Social life</p> <ul style="list-style-type: none"> <input type="radio"/> My social life is normal and does not increase my pain. <input type="radio"/> My social life is normal, but it increases my level of pain. <input type="radio"/> Pain prevents me from participating in more energetic activities (e.g. sports, dancing, etc.). <input type="radio"/> Pain prevents me from going out very often. <input type="radio"/> Pain has restricted my social life to my home. <input type="radio"/> I have hardly any social life because of my pain. <p>9. Traveling</p> <ul style="list-style-type: none"> <input type="radio"/> I can travel anywhere without increased pain. <input type="radio"/> I can travel anywhere, but it increases my pain. <input type="radio"/> My pain restricts my travel over 2 hours. <input type="radio"/> My pain restricts my travel over 1 hour. <input type="radio"/> My pain restricts me to short necessary journeys under 30 minutes. <input type="radio"/> My pain prevents me from traveling except to the physician/therapist or hospital. <p>10. Employment/Homemaking</p> <ul style="list-style-type: none"> <input type="radio"/> My normal homemaking/job activities do not cause pain. <input type="radio"/> My normal homemaking/job activities increase my pain, but I can still perform all that is required of me. <input type="radio"/> I can perform most of my homemaking/job duties, but pain prevents me from performing more physically stressful activities (e.g. lifting, vacuuming, etc.). <input type="radio"/> Pain prevents me from doing anything but light duties. <input type="radio"/> Pain prevents me from doing even light duties. <input type="radio"/> Pain prevents me from performing any job or homemaking chores
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