

Oswestry Disability Index

How Much Does Low Back Pain Limit Daily Activity?

What's the purpose?

The Oswestry Disability Index is a questionnaire that helps give your therapist an idea of how low back pain affects your ability to do everyday activities.

What do I have to do?

The questionnaire takes about 10 - 20 minutes to complete and covers 10 areas:

- Pain intensity
- Personal care (grooming, bathing, etc.)
- Lifting
- Walking
- Sitting
- Standing
- Sleeping
- Sex (if applicable)
- Social activities
- Travel



For each of the 10 areas, there are six statements that describe different levels of limitation related to that area. You pick the statement that best matches your ability.

What does my score mean?

Each of the six statements has a point value from 0 to 5. Statements that indicate greater levels of limitation have higher point values, with 5 representing the most limitation and 0 representing no limitation.

SCORE	LEVEL OF LIMITATION
0 - 4	No limitation
5 - 14	Mild limitation
15 - 24	Moderate limitation
25 - 34	Severe limitation
35 - 50	Cannot perform most or all activities

Have a conversation with your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802

