

WHITEHEAD CHIROPRACTIC REVISED OSWESTRY CHRONIC NECK / MT / LOW BACK PAIN DISABILITY INDEX

QUESTIONNAIRE

Please read: This questionnaire is designed to enable us to understand how much your neck / MT / low back pain has affected your ability to manage your everyday activities. Please answer each section by circling the **ONE CHOICE** that most applies to you.

We realise that you may feel that more than one statement may relate to you, but

PLEASE JUST CIRCLE THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.

Section 1. Pain Intensity

- A. The pain comes and goes and is very mild
- B. The pain is mild and does not vary much
- C. The pain comes and goes and is moderate
- D. The pain is moderate and does not vary much
- E. The pain comes and goes and is severe
- F. The pain is severe and does not vary much

Section 2. Personal Care (Washing, Dressing etc)

- A. I would not have to change my way of washing or dressing in order to avoid pain
- B. I do not normally change my way of washing or dressing even though it causes some pain
- C. Washing and dressing increases the pain, but I manage not to change my way of doing it
- D. Washing and dressing increases the pain and I find it necessary to change my way of doing it
- E. Because of the pain, I am unable to do some washing and dressing without help
- F. Because of the pain, I am unable to do any washing or dressing without help

Section 3. Lifting

- A. I can lift heavy weights without extra pain
- B. I can lift heavy weights but it causes extra pain
- C. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conventionally positioned, ie on a table
- D. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conventionally positioned.
- E. I can lift very light weights
- F. I cannot lift or carry anything at all

Section 4. Walking

- A. Pain does not prevent me from walking any distance
- B. Pain prevents me from walking more than one kilometre
- C. Pain prevents me from walking more than ½ kilometre
- D. Pain prevents me from walking more than ¼ kilometre
- E. I can only walk while using a cane or on crutches
- F. I am in bed most of the time and crawl to the toilet

Section 5. Sitting

- A. I can sit in any chair as long as I like without pain
- B. I can only sit in my favourite chair for as long as I like
- C. Pain prevents me from sitting for more than one hour
- D. Pain prevents me from sitting for more than ½ hour
- E. Pain prevents me from sitting for more than 10 minutes
- F. Pain prevents me from sitting at all

Section 6. Standing

- A. I can stand as long as I want without pain
- B. I have some pain while standing, but it does not increase with time
- C. I cannot stand for longer than 1 hr without increasing pain
- D. I cannot stand for longer than ½ hr without increasing pain
- E. I cannot stand for longer than 1 hr without increasing pain
- F. I avoid standing because it increases the pain straight away

Section 7. Sleeping

- A. I get no pain in bed
- B. I get pain in bed, but it does not prevent me from sleeping well
- C. Because of pain, my normal nights sleep is reduced by less than ¼
- D. Because of pain, my normal nights sleep is reduced by less than ½
- E. Because of pain, my normal nights sleep is reduced by less than ¾
- F. Pain prevents me from sleeping at all

Section 8. Social Life

- A. My social life is normal and gives me no pain
- B. My social life is normal but increases the degree of my pain
- C. Pain has no significant effect on my social life apart from limits to my more energetic interests e.g dancing
- D. Pain has restricted my social life to my home
- E. I have hardly any social life because of pain

Section 9. Travelling

- A. I have no pain while travelling
- B. I get some pain while travelling, but none of my usual forms of travel make it any worse
- C. I get extra pain while travelling, but it does not compel me to seek alternative forms of travel
- D. I get extra pain while travelling which compels me to seek alternative forms of travel
- E. Pain restricts all forms of travel
- F. Pain prevents all forms of travel except that done lying down

Section 10. Changing Degree of Pain

- A. My pain is rapidly getting better
- B. My pain fluctuates but overall is definitely getting better
- C. My pain seems to be getting better, but improvement is slow at present
- D. My pain is neither getting better nor worse
- E. My pain is gradually worsening
- F. My pain is rapidly worsening

From: N. Hudson, K. Tome-Nicholson, A. Breen; 1989. Revised 9/11/92

Name (Please Print) _____

Signature _____ Date _____

Comments _____
