



**CALIFORNIA
REHABILITATION
& SPORTS THERAPY**

OSWESTRY LOW BACK PAIN QUESTIONNAIRE

A TEAM OF PROFESSIONALS DEDICATED TO OPTIMIZING HUMAN PERFORMANCE IN WORK, SPORT AND DAILY LIFE

Name _____ Date _____
Occupation _____
Date of Birth _____

How long have you had back pain? _____ Years _____ Months _____ Weeks
How long have you had leg pain? _____ Years _____ Months _____ Weeks

Please read: This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life. Please answer every section, and mark in each section only the one box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but please just mark the box which most closely describes your problem.

ALAN E. VOGEL
P.T., O.C.S.
PRINCIPAL
5772 BOLSA AVENUE
SUITE 101A
HUNTINGTON BEACH
CALIFORNIA 92649
TEL 714.897.3589
FAX 714.897.1316

GREGORY PETERSEN
M.P.T.
36 MAUCHLY
SUITE A
IRVINE SPECTRUM
CALIFORNIA 92618
TEL 949.727.3315
FAX 949.727.3624

MICHAEL W. RYMER
P.T., O.C.S.
2888 LONG BEACH BLVD.
SUITE 405
LONG BEACH
CALIFORNIA 90806
TEL 562.595.4489
FAX 562.595.4063

ROGER TAILLON
P.T.
200 NEWPORT CENTER DR
SUITE 213
NEWPORT BEACH
CALIFORNIA 92660
TEL 949.644.1322
FAX 949.644.0316

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TMJ/HEADACHES

Section 1 – Pain Intensity

- I can tolerate the pain I have without having to use painkillers.
- The pain is bad but I manage without taking painkillers.
- Pain-killers give me complete relief from the pain.
- Pain-killers give me moderate relief from the pain.
- Pain-killers give me little relief from pain.
- Pain-killers have no effect on the pain and I do not use them

Section 2 – Personal Care (Washing, dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself normally but it causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help but manage most of my personal care.
- I need help everyday in most aspects of self-care.
- I do not get dressed, wash with difficulty and stay in bed.

Section 3 – Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, i.e. on a table.
- Pain prevents me from lifting heavy weights but I can manage light weights if they are conveniently place.
- I can lift only very light weights.
- I cannot lift or carry anything at all.

Section 4 – Walking

- Pain does not prevent me from walking any distance.
- Pain prevents me from walking more than 1 mile.
- Pain prevents me from walking more than 1/2 mile.
- Pain prevents me from walking more than 1/4 mile.
- I can only walk using a stick or crutches.
- I am in bed most of the time and have to crawl to the toilet.

Section 5 – Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than 1 hour.
- Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 min.
- Pain prevents me from sitting at all.

Section 6 – Standing

- I can stand as long as I want without extra pain.
- I can stand as long as I want but it gives me extra pain.
- Pain prevents me from standing for more than 1 hour.
- Pain prevents me from standing for more than 30 min.
- Pain prevents me from standing for more than 10 min.
- Pain prevents me from standing at all.

Section 7 – Sleeping

- Pain does not prevent me from sleeping well.
- I can sleep well only by using tablets.
- Even when I take tablets I have less than 6 hrs. sleep.
- Even when I take tablets I have less than 4 hrs. sleep.
- Even when I take tablets I have less than 2 hrs. sleep.
- Pain prevents me from sleeping at all.

Section 8 – Sex Life

- My sex life is normal and causes no extra pain.
- My sex life is normal but causes some extra pain.
- My sex life is nearly normal but is very painful.
- My sex life is severely restricted by pain.
- My sex life is nearly absent because of pain.
- Pain prevents any sex life at all.

Section 9 – Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the degree of pain.
- Pain has no significant effect on my social life apart from limiting my more energetic interests, i.e. dancing, etc.
- Pain has restricted my social life and I do not go out as often.
- Pain has restricted my social life to my home.
- I have no social life because of pain.

Section 10 – Traveling

- I can travel anywhere without extra pain.
- I can travel anywhere but it gives me extra pain.
- Pain is bad but I manage journeys over 2 hrs.
- Pain restricts me to journeys of less than 1 hr.
- Pain restricts me to short necessary journeys under 30 min.
- Pain prevents me from traveling except to the doctor or hospital.



Member of the Physical
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