

## Oswestry Low Back Pain Disability Index

The chosen statements receive scores: statement A=0; statement B=1; C=2; D=3; E=4; F=5. Total scores can range from 0 (highest level of function) to 50 (lowest level of function). To accommodate patients who do not respond to every sections, clinicians can calculate a "percentage of disability" on the basis of the total possible points. Fairbank and his colleagues (1980) interpret "percentage of disability" scores in this manner:

- 0% to 20% - minimal disability
- 20% to 40% - moderate disability
- 40% to 60% - severe disability
- 60% to 80% - crippled
- 80% to 100% - bed bound (or exaggerating symptoms)

### Scoring Example: Pain Intensity

- A.  I can tolerate the pain I have without having to use pain medication.
- B.  The pain is bad, but I can manage without having to take pain medication.
- C.  Pain medication provides me with complete relief from pain.
- D.  Pain medication provides me with moderate relief from pain.
- E.  Pain medication provides me with little relief from pain.
- F.  Pain medication has no effect on my pain.

Score = 2

### References:

Fairbank, J.C., Couper, J., Davies, J.B., & O'Brien, J.P. (1980). The Oswestry low back pain disability questionnaire. *Physiotherapy*, 66, 271-273.

Fairbank, J.C., & Pynsent, P.B. (2000) The Oswestry disability index. *Spine*, 25, 2940-2953.

Fritz, J.M., & Irrgang, J.J. (2001). [A comparison of a modified Oswestry Low Back Pain Disability Questionnaire and the Quebec Back Pain Disability Scale](#). *Physical Therapy*, 81, 776-788.