

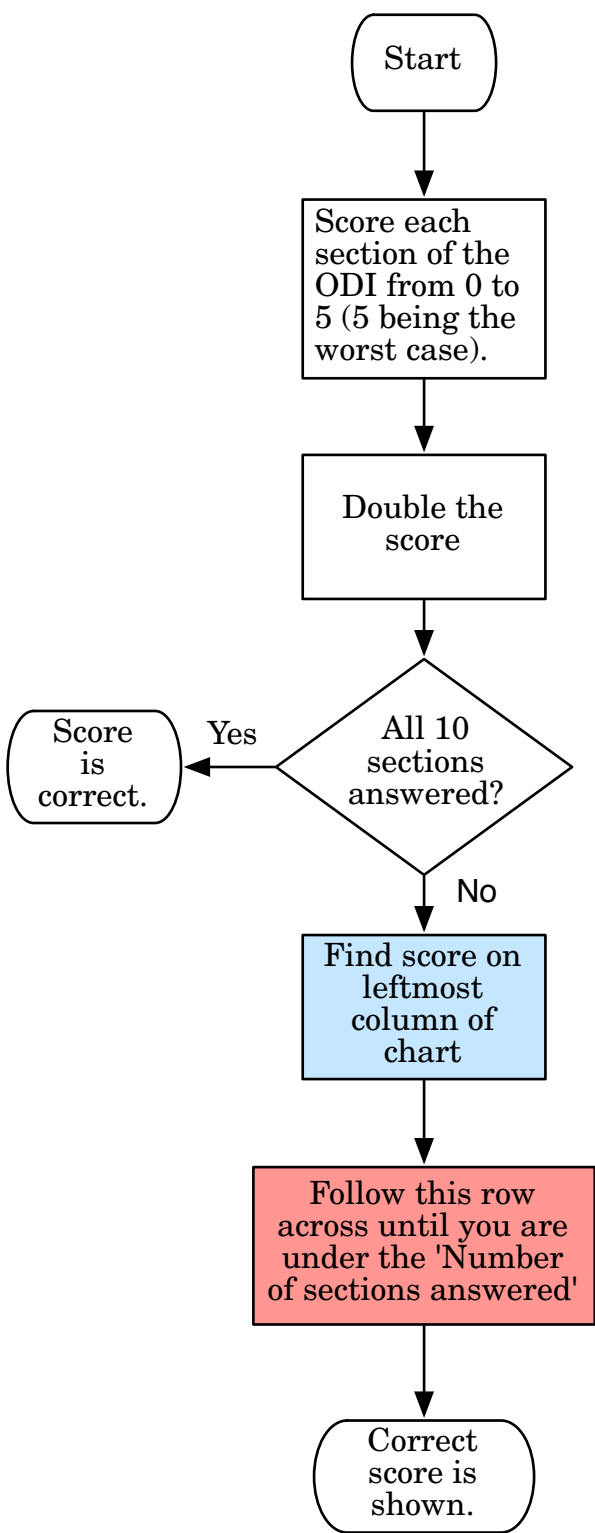
SCALING AND SCORING OF THE Oswestry Disability Index (ODI)

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ODI made easy



	Number of sections answered								
	9	8	7	6	5	4	3	2	1
0	0	0	0	0	0	0	0	0	0
2	2	2	3	3	4	5	7	10	20
4	4	5	6	7	8	10	13	20	40
6	7	8	9	10	12	15	20	30	60
8	9	10	11	13	16	20	27	40	80
10	11	12	14	17	20	25	33	50	100
12	13	15	17	20	24	30	40	60	
14	16	18	20	23	28	35	47	70	
16	18	20	23	27	32	40	53	80	
18	20	22	26	30	36	45	60	90	
20	22	25	29	33	40	50	67	100	
22	24	28	31	37	44	55	73		
24	27	30	34	40	48	60	80		
26	29	32	37	43	52	65	87		
28	31	35	40	47	56	70	93		
30	33	38	43	50	60	75	100		
32	36	40	46	53	64	80			
34	38	42	49	57	68	85			
36	40	45	51	60	72	90			
38	42	48	54	63	76	95			
40	44	50	57	67	80	100			
42	47	52	60	70	84				
44	49	55	63	73	88				
46	51	58	66	77	92				
48	53	60	69	80	96				
50	56	62	71	83	100				
52	58	65	74	87					
54	60	68	77	90					
56	62	70	80	93					
58	64	72	83	97					
60	67	75	86	100					
62	69	78	89						
64	71	80	91						
66	73	82	94						
68	76	85	97						
70	78	88	100						
72	80	90							
74	82	92							
76	84	95							
78	87	98							
80	89	100							
82	91								
84	93								
86	96								
88	98								
90	100								

Example

Score from questionnaire = 20
Doubled score = 40
Sections answered = 9
Correct score = 44%

ODI version 2.1a

This questionnaire is designed to give us information as to how your back (or leg) trouble affects your ability to manage in everyday life.

Please answer every section. Mark one box only in each section that most closely describes you today.

Section 1 - Pain intensity

- ☐ I have no pain at the moment.
- ☐ The pain is very mild at the moment.
- ☐ The pain is moderate at the moment.
- ☐ The pain is fairly severe at the moment.
- ☐ The pain is very severe at the moment.
- ☐ The pain is the worst imaginable at the moment.

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 is very painful.
- ☐ 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 every day 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, e.g. on a table.
- ☐ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- ☐ I can lift only very light weights.
- ☐ I cannot lift or carry anything at all.

Section 4 - Walking

- ☐ Pain does not prevent me walking any distance.
- ☐ Pain prevents me walking more than one mile.
- ☐ Pain prevents me walking more than a quarter of a mile.
- ☐ Pain prevents me walking more than 100 yards.

- ☐ 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 sit in my favourite chair as long as I like.
- ☐ Pain prevents me from sitting for more than 1 hour.
- ☐ Pain prevents me from sitting for more than half an hour.
- ☐ Pain prevents me from sitting for more than 10 minutes.
- ☐ 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 half an hour.
- ☐ Pain prevents me from standing for more than 10 minutes.
- ☐ Pain prevents me from standing at all.

Section 7 - Sleeping

- ☐ My sleep is never disturbed by pain.
- ☐ My sleep is occasionally disturbed by pain.
- ☐ Because of pain I have less than 6 hours sleep.
- ☐ Because of pain I have less than 4 hours sleep.
- ☐ Because of pain I have less than 2 hours sleep.
- ☐ Pain prevents me from sleeping at all.

Section 8 - Sex life (if applicable)

- ☐ 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 causes 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, e.g. sport, etc.
- ☐ Pain has restricted my social life and I do not go out as often.
- ☐ Pain has restricted social life to my home.
- ☐ I have no social life because of pain.

Section 10 - Travelling

- ☐ I can travel anywhere without pain.
- ☐ I can travel anywhere but it gives extra pain.
- ☐ Pain is bad but I manage journeys over two hours.
- ☐ Pain restricts me to journeys of less than one hour.
- ☐ Pain restricts me to short necessary journeys under 30 minutes.
- ☐ Pain prevents me from travelling except to receive treatment

Result

Your ODI = %