

Bradley Physical Therapy Clinic

MODIFIED OSWESTRY QUESTIONNAIRE

Name:

Date:

Choose only **ONE** in each category that best describes your condition.

Pain Intensity

- I have no pain at all.
- I have pain but I still don't need medications.
- Medication gives me complete relief.
- Medication gives me moderate relief.
- Medication gives me little relief.
- Medication gives me no relief.

Personal Care (Washing, Dressing)

- I can take care of myself normally.
- I can take care of myself with some difficulty.
- I can take care of myself with a lot of difficulty.
- I occasionally need help taking care of myself.
- I need a lot of help to take care of myself.
- I need someone to care for me at all times.

Lifting

- I can lift heavy weights (50 to 100 lbs.).
- I can lift heavy weights but with difficulty.
- I can only lift moderate weights (25 to 50 lbs.).
- I can lift only light weights (10 to 25 lbs.).
- I can lift only very light weights (5 to 10 lbs.).
- I can not lift anything at all.

Walking

- I can walk any distance
- I can not walk more than 1 mile.
- I can not walk more than 1/2 mile.
- I can not walk more than 1/4 mile.
- I can only walk with a cane, crutches or walker.
- I am unable to walk at all.

Sitting

- I can sit in any chair as long as I want.
- I can sit only in certain chairs as long as I want.
- I can not sit more than 1 hour.
- I can not sit more than 1/2 hour.
- I can not sit more than ten minutes.
- I can not sit at all.

Standing

- I can stand as long as I want.
- I can stand a long time but with pain.
- I can not stand more than 1 hour.
- I can not stand more than 1/2 hour.
- I can not stand more than 10 minutes.
- I can not stand at all.

Sleeping

- I have no trouble sleeping.
- I need medications to sleep well.
- Even with medication, I sleep less than 6 hours.
- Even with medications, I sleep less than 4 hours.
- Even with medications, I sleep less than 2 hours.
- I can not sleep at all.

Social Life

- My social life is normal.
- My social life is sometimes limited.
- I can not do vigorous activities (sports, etc.)
- I do not go out very often due to my problem.
- My social life is restricted only to my home.
- I have no social life at all.

Traveling

- I can travel anywhere without restrictions.
- I can travel anywhere but with some difficulty.
- I can not travel more than 2 hours.
- I can not travel more than 1 hour.
- I can not travel more than 1/2 hour.
- I can not travel at all except for appointments.

Employment / Homemaking

- I have no problems doing my job / homemaking.
- I can do them but with some difficulty.
- I can do only light duty activities.
- I need frequent breaks even doing light activities.
- I need help with my activities.
- I can not do any work at all.