



## Oswestry Disability Index - CERVICAL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please select only the **ONE** box which applies to you in each section.

### **Section 1 – Pain Intensity** score \_\_\_\_\_

- 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** score \_\_\_\_\_

- I can look after myself 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 every day in most aspects of my personal care.
- I do not get dressed, I wash with difficulty, and I stay in bed.

### **Section 3 – Lifting** score \_\_\_\_\_

- I can lift heavy weights without extra pain.
- I can lift heavy weights, but it gives me extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned.
- 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.

### **Section 4 – Sleeping** score \_\_\_\_\_

- I have no trouble sleeping.
- My sleep is slightly disturbed (less than 1 hour sleepless).
- My sleep is mildly disturbed (1-2 hours sleepless).
- My sleep is moderately disturbed (2-3 hours sleepless).
- My sleep is greatly disturbed (3-5 hours sleepless).
- My sleep is completely disturbed (5-7 hours sleepless).

### **Section 5 – Reading** score \_\_\_\_\_

- I can read as much as I want to with no pain in my neck.
- I can read as much as I want to with slight pain in my neck.
- I can read as much as I want with moderate pain in my neck.
- I cannot read as much as I want because of moderate pain in my neck.
- I can hardly read at all because of severe pain in my neck.
- I cannot read at all.

### **Section 6 – Concentration** score \_\_\_\_\_

- I can concentrate fully when I want to with no difficulty.
- I can concentrate fully when I want to with slight difficulty.
- I have a fair degree of difficulty concentrating when I want to.
- I have a lot of difficulty in concentrating when I want to.
- I have a great deal of difficulty concentrating when I want to.
- I cannot concentrate at all.

### **Section 7 – Work** score \_\_\_\_\_

- I can do as much work as I want to.
- I can do my usual work, but not more.
- I can do most of my usual work, but not more.
- I cannot do my usual work.
- I can hardly do any work at all.
- I cannot do any work at all.

### **Section 8 – Driving** score \_\_\_\_\_

- I can drive my car without any neck pain.
- I can drive my car as long as I want with slight pain in my neck.
- I can drive my car as long as I want with moderate pain in my neck.
- I cannot drive my car as long as I want because of moderate pain in my neck.
- I can hardly drive at all because of severe pain in my neck.
- I cannot drive at all.

### **Section 9 – Headaches** score \_\_\_\_\_

- I have no headaches.
- I have slight headaches that come infrequently.
- I have moderate headaches which come infrequently.
- I have moderate headaches which come frequently.
- I have severe headaches which come frequently.
- I have headaches almost all the time.

### **Section 10 – Recreation** score \_\_\_\_\_

- I am able to engage in all my recreation activities with no neck pain at all.
- I am able to engage in all my recreation activities with some pain in my neck.
- I am able to engage in most, but not all, of my usual recreation activities because of pain in my neck.
- I am able to engage in a few of my usual recreation activities because of pain in my neck.
- I can hardly do any recreation activities because of pain in my neck.
- I cannot do any recreation activities at all.

Please return to your Medical Assistant when complete.

Thank you for your time!

TOTAL: \_\_\_\_\_