

Oswestry Neck Disability Questionnaire

Please answer by checking **one answer in each section** which most clearly describes your problem.

Section 1: Pain Intensity

- 0 I have no pain at the moment
- 1 The pain is very mild at the moment.
- 2 The pain is moderate at the moment.
- 3 The pain is fairly severe at the moment.
- 4 The pain is very severe at the moment.
- 5 The pain is the worst imaginable at the moment.

Section 2: Personal Care

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

Section 3: Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it gives extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.
- 3 Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- 4 I can lift only very light weights.
- 5 I cannot lift or carry anything at all.

Section 4: Reading

- 0 I can read as much as I want to.
- 1 I can read as much as I want with slight pain in my neck.
- 2 I can read as much as I want to with moderate pain in my neck.
- 4 I cannot read as much as I want because of severe pain in my neck.
- 5 I cannot read at all.

Section 5: Headache

- 0 I have no headaches at all.
- 1 I have slight headaches which come infrequently.
- 2 I have moderate headaches which come infrequently.
- 3 I have moderate headaches which come frequently..
- 4 I have severe headaches which come frequently.
- 5 I have headaches almost all the time.

Section 6: Concentration

- 0 I can concentrate fully when I want to with no difficulty.
- 1 I can concentrate fully when I want to with slight difficulty.
- 2 I have a fair amount of difficulty in concentrating when I want to.
- 3 I have a lot of difficulty in concentrating when I want to.
- 4 I have a great deal of difficulty in concentrating when I want to.
- 5 I cannot concentrate at all.

Section 7: Work

- 0 I can do as much work as I want to.
- 1 I can only do my usual work, but no more.
- 2 I can do most of my usual work, but no more..
- 3 I cannot do my usual work.
- 4 I can hardly do any work at all.
- 5 I cannot do any work at all.

Section 8: Driving

- 0 I can drive my car without neck pain.
- 1 I can drive my car as long as I want with slight pain in my neck.
- 2 I can drive my car as long as I want with moderate pain in my neck.
- 3 I cannot drive my car as long as I want because of moderate pain in my neck.
- 4 I can hardly drive my car at all because of severe pain in my neck.
- 5 I cannot drive my car at all.

Section 9: Sleeping

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

Section 10: Recreation

- 0 I am able engage in all recreational activities with no pain in my neck at all.
- 1 I am able engage in all recreational activities with some pain in my neck.
- 2 I am able engage in most, but not all recreational activities because of pain in my neck.
- 3 I am able engage in a few of my usual recreational activities because of pain in my neck.
- 4 I can hardly do any recreational activities because of pain in my neck.
- 5 I cannot do any recreational activities at all.

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|---|---|
| <p style="text-align: center;">1—What is your pain level RIGHT NOW?</p> <p>No Pain <span style="display: inline-block; width: 100%; border-bottom: 1px solid black; position: relative; top: -1px;"> <span style="position: absolute; left: 0; top: -1px;">0</span> <span style="position: absolute; left: 10%; top: -1px;">1</span> <span style="position: absolute; left: 20%; top: -1px;">2</span> <span style="position: absolute; left: 30%; top: -1px;">3</span> <span style="position: absolute; left: 40%; top: -1px;">4</span> <span style="position: absolute; left: 50%; top: -1px;">5</span> <span style="position: absolute; left: 60%; top: -1px;">6</span> <span style="position: absolute; left: 70%; top: -1px;">7</span> <span style="position: absolute; left: 80%; top: -1px;">8</span> <span style="position: absolute; left: 90%; top: -1px;">9</span> <span style="position: absolute; left: 95%; top: -1px;">10</span> </span> Worst Possible Pain</p>    | <p style="text-align: center;">1—What is your pain level AT ITS BEST?</p> <p>No Pain <span style="display: inline-block; width: 100%; border-bottom: 1px solid black; position: relative; top: -1px;"> <span style="position: absolute; left: 0; top: -1px;">0</span> <span style="position: absolute; left: 10%; top: -1px;">1</span> <span style="position: absolute; left: 20%; top: -1px;">2</span> <span style="position: absolute; left: 30%; top: -1px;">3</span> <span style="position: absolute; left: 40%; top: -1px;">4</span> <span style="position: absolute; left: 50%; top: -1px;">5</span> <span style="position: absolute; left: 60%; top: -1px;">6</span> <span style="position: absolute; left: 70%; top: -1px;">7</span> <span style="position: absolute; left: 80%; top: -1px;">8</span> <span style="position: absolute; left: 90%; top: -1px;">9</span> <span style="position: absolute; left: 95%; top: -1px;">10</span> </span> Worst Possible Pain</p>  |
| <p style="text-align: center;">2—What is your TYPICAL or AVERAGE pain?</p> <p>No Pain <span style="display: inline-block; width: 100%; border-bottom: 1px solid black; position: relative; top: -1px;"> <span style="position: absolute; left: 0; top: -1px;">0</span> <span style="position: absolute; left: 10%; top: -1px;">1</span> <span style="position: absolute; left: 20%; top: -1px;">2</span> <span style="position: absolute; left: 30%; top: -1px;">3</span> <span style="position: absolute; left: 40%; top: -1px;">4</span> <span style="position: absolute; left: 50%; top: -1px;">5</span> <span style="position: absolute; left: 60%; top: -1px;">6</span> <span style="position: absolute; left: 70%; top: -1px;">7</span> <span style="position: absolute; left: 80%; top: -1px;">8</span> <span style="position: absolute; left: 90%; top: -1px;">9</span> <span style="position: absolute; left: 95%; top: -1px;">10</span> </span> Worst Possible Pain</p> | <p style="text-align: center;">2—What is your pain level AT ITS WORST?</p> <p>No Pain <span style="display: inline-block; width: 100%; border-bottom: 1px solid black; position: relative; top: -1px;"> <span style="position: absolute; left: 0; top: -1px;">0</span> <span style="position: absolute; left: 10%; top: -1px;">1</span> <span style="position: absolute; left: 20%; top: -1px;">2</span> <span style="position: absolute; left: 30%; top: -1px;">3</span> <span style="position: absolute; left: 40%; top: -1px;">4</span> <span style="position: absolute; left: 50%; top: -1px;">5</span> <span style="position: absolute; left: 60%; top: -1px;">6</span> <span style="position: absolute; left: 70%; top: -1px;">7</span> <span style="position: absolute; left: 80%; top: -1px;">8</span> <span style="position: absolute; left: 90%; top: -1px;">9</span> <span style="position: absolute; left: 95%; top: -1px;">10</span> </span> Worst Possible Pain</p> |

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

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