

# OSWESTRY QUESTIONNAIRE – NECK

PATIENT NAME

DATE

This is a standardised international questionnaire for the assessment of your condition.

This questionnaire has been designed to give the doctor information as to how your neck pain has affected your ability to manage in everyday life. Please answer every section and check the **ONE** box that applies to you. We realize you may consider that two statements in any one section relate to you, but please only mark the one box that most closely describes your problems.

## SECTION 1: PAIN INTENSITY

I CAN TOLERATE THE PAIN I HAVE WITHOUT HAVING TO USE PAIN KILLERS

THE PAIN IS VERY MILD AT THE MOMENT

THE PAIN IS VERY 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 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 SELF CARE

I DO NOT GET DRESSED 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 MANAGE IT 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 ONLY LIFT VERY LIGHT WEIGHTS

I CANNOT LIFT OR CARRY ANYTHING AT ALL

## SECTION 4: READING

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 TO WITH MODERATE PAIN IN MY NECK

I CAN'T READ AS MUCH AS I WANT BECAUSE OF MODERATE PAIN IN MY NECK

CAN HARDLY READ AT ALL BECAUSE OF MODERATE PAIN IN MY NECK

I CAN HARDLY READ AT ALL BECAUSE OF MODERATE PAIN IN MY NECK

I CANNOT READ AT ALL

## SECTION 5: HEADACHES

- I HAVE NO HEADACHES AT ALL
- I HAVE SLIGHT HEADACHES WHICH 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 MOST OF THE TIME

## SECTION 6: CONCENTRATION

- 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 IN CONCENTRATING WHEN I WANT
- I HAVE A LOT OF DIFFICULTY IN CONCENTRATING WHEN I WANT TO
- I HAVE A GREAT DEAL OF DIFFICULTY IN CONCENTRATING WHEN I WANT TO
- I CANNOT CONCENTRATE AT ALL

## SECTION 7: WORK

- I CAN DO AS MUCH WORK AS I WANT TO.
- I CAN DO ONLY MY USUAL WORK, BUT NO MORE
- I CAN DO MOST OF MY USUAL WORK, BUT NO MORE
- I CAN'T DO MY USUAL WORK
- I CAN HARDLY DO ANY WORK AT ALL
- I CAN'T DO ANY WORK AT ALL

## SECTION 8: DRIVING

- 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 CAN'T 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 CAN'T DRIVE MY CAR AT ALL

## SECTION 9: SLEEPING

- I HAVE NO TROUBLE SLEEPING
- MY SLEEP IS SLIGHTLY DISTURBED (LESS THAN 1HR 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 10: RECREATION

- I AM ABLE TO ENGAGE IN ALL MY RECREATION ACTIVITIES WITH NO PAIN IN MY NECK
- 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 RECREATION ACTIVITIES
- I AM ABLE TO ENGAGE IN ONLY A FEW OF MY RECREATION ACTIVITIES
- I CAN HARDLY DO ANY RECREATION ACTIVITIES
- I CAN'T DO ANY RECREATION ACTIVITIES AT ALL