

The Oswestry Disability Index is a questionnaire that helps give your therapist an idea of how low back pain affects your ability to do everyday activities.

The questionnaire takes about 10 - 20 minutes to complete and covers 10 areas:

- Pain intensity
- Personal care (grooming, bathing, etc.)
- Lifting
- Walking
- Sitting
- Standing
- Sleeping
- Sex (if applicable)
- Social activities
- Travel

