

Low Back Pain and Disability Index

Name: _____ Chart #: _____ Date: _____

This questionnaire has been designed to give the doctor information as to how your low back pain has affected your ability to manage in everyday life. In each section, please select only one choice that most closely describes your condition.

Section 1: Pain Intensity

- A. Pain comes and goes and is mild
- B. Pain is mild and does not vary
- C. Pain comes and goes and is moderate
- D. Pain is moderate and does not vary much
- E. Pain comes and goes and is severe
- F. Pain is severe and does not vary much

Section 2: Personal Care

- A. Does not change habits to avoid pain
- B. Does not change habits/some pain
- C. Does not change habits/increased pain
- D. Changes habits/increased pain
- E. Unable to do some personal care without help
- F. Unable to wash or dress without help

Section 3: Lifting

- A. Lifts heavy weights with no pain
- B. Lifts heavy weights with pain
- C. Cannot lift heavy weights off the floor
- D. Can lift heavy weights from a table.
- E. Can lift light weights from a table
- F. Can lift only very light weights from a table

Section 4: Walking

- A. Pain does not prevent walking
- B. Cannot walk more than 1 mile
- C. Cannot walk more than 1/2 mile
- D. Cannot walk more than 1/4 mile
- E. Can only walk with crutches
- F. Bedridden and must crawl to the toilet

Section 5: Sitting

- A. Can sit in any chair as long as desired
- B. Can sit only in favorite chair as long as desired
- C. Can sit no more than 1 hour
- D. Can sit no more than 1/2 hour
- E. Can sit no more than 10 minutes
- F. Cannot sit at all due to pain

Section 6: Standing

- A. Can stand for an unlimited amount of time without pain
- B. Some pain standing/doesn't increase with time
- C. Cannot stand for more than 1 hour
- D. Cannot stand for more than 1/2 hour
- E. Cannot stand for more than 10 minutes
- F. Cannot stand at all

Section 7: Sleeping

- A. No pain in bed
- B. Gets pain in bed, but sleeps well
- C. Normal sleep reduced by 1/4 hour
- D. Normal sleep reduced by 1/2 hour
- E. Normal sleep reduced by 3/4 hour
- F. Cannot sleep at all due to pain

Section 8: Traveling

- A. Travel without pain
- B. Travel causes some pain, but not made worse
- C. Causes extra pain/no change in form
- D. Causes pain/uses alternate travel
- E. Pain restricts all form of travel
- F. Pain restricts travel except when lying down

Section 9: Social Life

- A. Normal and causes no pain
- B. Normal but causes extra pain
- C. Limits energetic interests
- D. Pain limits/doesn't go out as often
- E. Pain restricted social life to home
- F. Pain restricts all social life

Section 10 Changing Degree of Pain

- A. Pain is rapidly improving
- B. Pain fluctuates but is improving
- C. Improvement is slow
- D. Pain level is unchanged
- E. Pain is gradually worsening
- F. Pain is rapidly worsening

Office Use Only

Score: _____

