

## INSTRUCTIONS FOR SCORING THE OSWESTRY DISABILITY INDEX

1. All patients 15 years of age and older with a primary complaint of mid-back or low back pain (i.e., thoracic, lumbar, sacral or pelvic) must complete an Oswestry Disability Index (ODI) form. It is recommended that the ODI be used at baseline (i.e., at the time of the initial visit for an episode of care), and every 4 weeks thereafter or with each new Treatment Form submission. The Disability Index forms are used within the treatment program to measure patient progress. The patient may leave certain questions blank if they don't apply.
2. The 6 statements from each of the ten sections are scored from 0 to 5 with the first statement scoring 0 through the last statement scoring 5. The maximum score for all ten sections is therefore 50 points. For example:

<b>Section 1 - Pain intensity</b>	<b>Score</b>
• I have no pain at the moment.	0
• The pain is very mild at the moment.	1
• The pain is moderate at the moment.	2
• The pain is fairly severe at the moment.	3
• The pain is very severe at the moment.	4
• The pain is the worst imaginable at the moment.	5

3. **Enter the total points from all questions** (*not* as a percentage) into the line marked, "Oswestry Disability Index Score" on the TX Form. **Note:** If the patient doesn't answer a question, calculate the score for that Section as a zero.
4. **Retain all completed forms in the patient's file. DO NOT SEND the actual ODI forms to Prism Health Networks, Inc. unless requested.**

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