Suppl. Fig. 1. Oswestry disability index modified English version.

Oswestry Low Back Pain Disability Questionnaire

Oswestry Disability Index

➢ I have A) “Chronic Pain” or pain that has bothered me for 3 months or more: Yes  No
➢ My pain was sudden in onset.
➢ My pain is acute or chronic

Check one of the following:

A) Prior to Surgery  B) After Surgery 3 Months  C) After Surgery 1 year  D) After Surgery 6 weeks  E) After Surgery 6 Months  F) After Surgery 2 years

Please answer each section below by checking the One Choice that applies the most to you at this time

Section 1: Pain Intensity

➢ I can tolerate the pain I have without having to use pain killers. [0 points]
➢ The pain is bad but I manage without taking pain killers. [1 point]
➢ Pain killers give complete relief from pain. [2 points]
➢ Pain killers give moderate relief from pain. [3 points]
➢ Pain killers give very little relief from pain. [4 points]
➢ Pain killers have no effect on the pain and I do not use them. [5 points]
➢ I do not have any pain [0 points]

Section 2: Personal Care

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

The difficulty in personal care is not due to pain [0 points]

Section 3: Lifting

➢ I can lift heavy weights without extra pain. [0 points]
➢ I can lift heavy weights but it gives extra pain. [1 point]
➢ Pain prevents me from lifting heavy weights off the floor but I can manage if they are
➢ Conveniently positioned for example on a table. [2 points]
➢ Pain prevents me from lifting heavy weights but I can manage light to medium weights if
➢ they are conveniently positioned. [3 points]
Section 4: Walking

- Pain does not prevent me walking any distance. [0 points]
- Pain prevents me walking more than 1 mile. [1 point]
- Pain prevents me walking more than 0.5 miles. [2 points]
- Pain prevents me walking more than 0.25 miles. [3 points]
- I can only walk using a stick or crutches. [4 points]
- I am in bed most of the time and have to crawl to the toilet. [5 points]
  - My difficulty in walking is not related to my pain [0 points]

Section 5: Sitting

- I can sit in any chair as long as I like. [0 points]
- I can only sit in my favorite chair as long as I like. [1 point]
- Pain prevents me sitting more than 1 hour. [2 points]
- Pain prevents me from sitting more than 0.5 hours. [3 points]
- Pain prevents me from sitting more than 10 minutes. [4 points]
- Pain prevents me from sitting at all. [5 points]
  - My sitting is not affected due to pain [0 points]

Section 6: Standing

- I can stand as long as I want without extra pain. [0 points]
- I can stand as long as I want but it gives me extra pain. [1 point]
- Pain prevents me from standing for more than 1 hour. [2 points]
- Pain prevents me from standing for more than 30 minutes. [3 points]
- Pain prevents me from standing for more than 10 minutes. [4 points]
- Pain prevents me from standing at all. [5 points]
  - My standing issues are not related to pain [0 points]

Section 7: Sleeping

- Pain does not prevent me from sleeping well. [0 points]
☐ I can sleep well only by using tablets. [1 point]

☐ Even when I take tablets I have less than 6 hours sleep. [2 points]

☐ Even when I take tablets I have less than 4 hours sleep. [3 points]

☐ Even when I take tablets I have less than 2 hours of sleep. [4 points]

☐ Pain prevents me from sleeping at all. [5 points]

☐ *My difficulty in sleeping is not due to pain but other causes*

Section 8: Sex Life

☐ My sex life is normal and causes no extra pain. [0 points]

☐ My sex life is normal but causes some extra pain. [1 point]

☐ My sex life is nearly normal but is very painful. [2 points]

☐ My sex life is severely restricted by pain. [3 points]

☐ My sex life is nearly absent because of pain. [4 points]

☐ Pain prevents any sex life at all. [5 points]

☐ *My sex life is not affected due to pain but other causes.* [0 points]

Section 9: Social Life

☐ My social life is normal and gives me no extra pain. [0 points]

☐ My social life is normal but increases the degree of pain. [1 point]

☐ Pain has no significant effect on my social life apart from limiting energetic interests such as Dancing. [2 points]

☐ Pain has restricted my social life and I do not go out as often. [3 points]

☐ Pain has restricted my social life to my home. [4 points]

☐ I have no social life because of pain. [5 points]

☐ *My social life is not affected due to pain but other cause*[0 points]*