

THE PRIMARY CARE LOW BACK DISABILITY QUESTIONNAIRE (PCLBDQ)

SCORING AND INTERPRETATION

Patient Name _____ Date _____

Examiner _____

Scoring

The six statements are scored from 0 – 5 with the first statement scoring 0 through to the last at 5, e.g.,

Section 1 – Pain Intensity	Score
<input type="checkbox"/> The pain comes and goes and is very mild	0
<input type="checkbox"/> The pain is mild and does not vary much	1
<input type="checkbox"/> The pain comes and goes and is moderate	2
<input type="checkbox"/> The pain is moderate and does not vary much	3
<input type="checkbox"/> The pain comes and goes and is severe	4
<input type="checkbox"/> The pain is severe and does not vary much	5

If more than one box is marked in each section, take the highest score.

The ODI score (index) is calculated as:
$$\left(\frac{\text{Total score}}{5 \times \text{Number of questions answered}} \right) \times 100$$

For example:

If all 10 sections are completed the score is calculated as follows:
$$\left(\frac{16}{5 \times 10} \right) \times 100 = 32\%$$

If one section is missed (or not applicable) the score is calculated:
$$\left(\frac{16}{5 \times 9} \right) \times 100 = 35.5\%$$

We suggest rounding the percentage to a whole number for convenience.

Interpretation of Primary Care Low Back Disability Questionnaire Scores

Score	Interpretation
0-10 Minimal Disability (0-20% disability)	Patients can cope with most activities of daily living. No treatment may be indicated except for suggestions on lifting, posture, physical fitness and diet. Patients with sedentary occupations (e.g., secretaries) may experience more problems than others.
11-20 Moderate Disability (20-40% disability)	Patients may experience more pain and problems with sitting, lifting, and standing. Travel and social life are more difficult. Patients may be off work. Personal care, sleeping and sexual activity may not be grossly affected. Conservative treatment may be sufficient.
21-30 Severe Disability (40-60% disability)	Pain is a primary problem for these patients, but they may also be experiencing significant problems in travel, personal care, social life, sexual activity and sleep. A detailed evaluation is appropriate.
31-40 Crippled (60-80% disability)	Back pain has an impact on all aspects of daily living and work. Active treatment is required.
41-50 (80-100% disability)	These patients may be bed bound or exaggerating their symptoms. Careful evaluation is recommended.

Sources:

Fairbank, J., Davies, J., et. al. The Oswestry Low Back Pain Disability Questionnaire. *Physiother.*, 1980, 66 (18), 271-273.

Hudson-Cook N, Tomes-Nicholson K, Breen AC. A Revised Oswestry Back Disability Questionnaire. Manchester Univ Press, 1989.

Baker, D. J., Pynsent, P. B. and Fairbank, J. C. T. The Oswestry Disability Index revisited: Its reliability, repeatability and validity, and a comparison with the St. Thoma's Disability Index.