

## Outcomes Assessment: Explanation and Summary

**Patient Name:** John B. MySamplePatient      **File #:**123456789  
**Date of Birth:** 01/01/1968  
**Diagnosis:** 724.2, 739.3, 739.4, 739.5, 739.1

**Background and Explanation:** We use the Oswestry Low Back Pain Disability Questionnaire (Revised) as a tool to document our patients' progress with care at our facility. This questionnaire is a valuable tool to measure the degree of perceived disability a patient may be experiencing due to low back pain. Tracking changes in responses to the Oswestry Questionnaire throughout treatment is a great way to gauge treatment effectiveness and patient progress.

**How it Works:** The questionnaire measures 10 low back health categories and records the patient's degree of perceived disability in each category based on the responses chosen in the 6 choices for each category. These 10 categories are as follows:


- |                   |                             |
|-------------------|-----------------------------|
| 1. Pain Intensity | 6. Standing                 |
| 2. Personal Care  | 7. Sleeping                 |
| 3. Lifting        | 8. Social Factors           |
| 4. Walking        | 9. Travel                   |
| 5. Sitting        | 10. Changing Degree of Pain |

Each category is given a score based on the patient's responses. A range from 0 to 5 is possible for each category. This equates to a total possible score of 50 for the entire questionnaire. The total score is doubled to convert the score to a 100% scale for easier analysis. In general terms higher percentage scores translate to greater perceived disability due to low back pain. In even more simple terms, the higher the score, the worse the low back health. A score of 100% on the questionnaire represents the highest possible disability score. A score of 0% would be the optimal score and would equate to the "best" low back health score.

**Goals:** The ultimate goal for treatment, with regard to the Oswestry questionnaire, is to achieve a score as close to zero as possible. Since this is the optimal score, a score of zero may not be possible in all cases.

**The Results:** The results of the Oswestry Low Back Pain Disability Questionnaire scores throughout treatment to this point are listed on the following page. The score for the first questionnaire is listed in the row labeled "Assessment #1". The last assessment score listed is the most recent score. The "Most Recent Change" column compares each assessment score listed to the previous assessment score. This is an indicator of short term progress between each individual assessment. The column labeled "Overall Change" compares each assessment score listed against the first or initial assessment score. This column helps track the overall progress in the score since treatment first began. Feel free to ask any questions you might have or request further explanation if needed.

**OSWESTRY SCORING CALCULATOR**

Section #	Patient's Response:	SCORE
1	c 	2
2	c	2
3	c	2
4	c	2
5	c	2
6	c	2
7	c	2
8	c	2
9	c	2
10	c	2

**Total Raw Score:** 20

 **Disability Level Interpretation:** *Moderate Disability*

**Total Percentage Score:** 40 (Enter value in table in worksheet 2)

Total Raw Score Interpretation
0 - 4 = No Disability
5 - 14 = Mild Disability
15 - 24 = Moderate Disability
25 - 34 = Severe Disability
35 - 50 = Complete Disability

**Main Street Chiropractic Health and Wellness Center**

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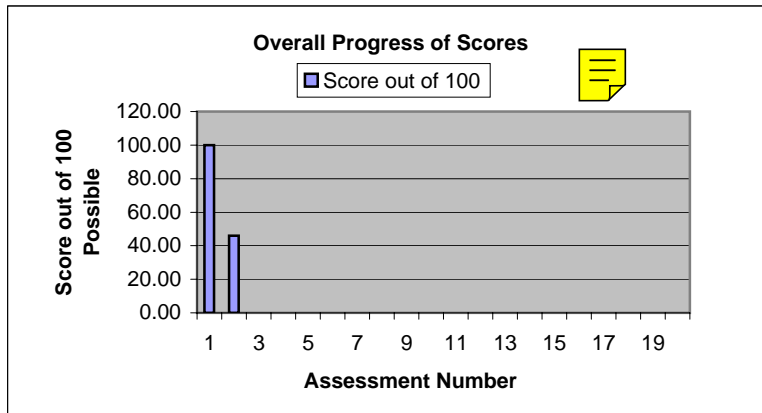
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**OUTCOMES SUMMARY OF OSWESTRY LOW BACK PAIN DISABILITY QUESTIONNAIRES**

**Patient Name:** John B. MySamplePatient  
**Patient DOB:** 01/01/68  
**Date of Summary:** 03/01/08  
**File #:** 123456789

Assessment #	Date	Score out of 100	Most Recent Change	Overall Change	Disability Level
1	01/01/08	100.00	**	**	Complete Disability
2	02/01/08	46.00	54	54.00	Moderate Disability
3	03/01/08	0.00	46	100.00	No Disability
4					No Disability
5					No Disability
6					No Disability
7					No Disability
8					No Disability
9					No Disability
10					No Disability
11					No Disability
12					No Disability
13					No Disability
14					No Disability
15					No Disability
16					No Disability
17					No Disability
18					No Disability
19					No Disability
20					No Disability



**Oswestry Questionnaire Scoring Key:**

100 points are possible. The ideal and most desirable score is a score of zero.  
**0 = No back pain disability. The "best" low back health score possible.**  
**100 = Worst possible disability score on the questionnaire**  
 Positive numbers in the change columns indicate an improvement in score and the patient's condition.  
 Negative numbers indicate the low back pain disability score has worsened.  
 (This usually correlates with an increase in symptoms or an aggravation of an existing condition.)

Doctor Signature: \_\_\_\_\_