

Chronic Disability Index of Waddell and Main for Patients with Low Back Pain

Overview:

Waddell and Main used a simple disability index to evaluate patients with low back pain. The authors are from the Western Infirmary in Glasgow Scotland.

Questions:

- (1) Help required or avoid heavy lifting (30-40 pound suitcase child 3-4 years old)
- (2) Sitting generally limited to less than one half hour
- (3) Travelling in a car or bus generally limited to less than one half hour
- (4) Standing in 1 place generally limited to less than one half hour.
- (5) Walking generally limited to less than one half hour.
- (6) Sleep disturbed regularly by low back pain (i.e. 2 times per week)
- (7) Regularly miss or curtail social activities (excluding sports)
- (8) Diminished frequency of sexual activity
- (9) Help regularly required with footwear (tights socks tying laces etc.)

Response	Points
Yes	1
No	0

total score =

= SUM(points for all 9 questions)

Interpretation:

- minimum score: 0
- maximum score: 9
- The greater the number of items interfered with the greater the level of disability.

References:

Waddell G Main CJ. Assessment of severity in low-back disorders. Spine. 1984; 9: 204-208 (pages 204; Table 1 page 205).