**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.)

<table>
<thead>
<tr>
<th>Response</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>No</td>
<td>0</td>
</tr>
</tbody>
</table>

\[ \text{total score} = \sum \text{(points for all 9 questions)} \]

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).