

The Oswestry (ODI) is a questionnaire the patient fills out in order to ascertain the amount of impairment the patient is experiencing. This particular form has been validated in numerous studies to accurately represent how a patient is functioning in terms of their physical abilities. The form itself is then scored to obtain a particular number that can then be used as a measurement both in repeated follow-ups with this patient and also when comparing the patient with other patients. The Neck Disability Index is a similar form specific to the cervical spine with the Oswestry being specific to the lumbar spine. Generally, a score of more than 30 would qualify a patient as an appropriate surgical candidate.