

The Low-Back Outcome Scale of Greenough and Fraser

Overview:

Greenough and Fraser developed the Back Outcome Score (LBOS) scale for measuring functional outcome in a patient with low back pain. The authors are from Middleborough General Hospital in England and Royal Adelaide Hospital in Australia.

Parameters:

- (1) current pain from a 10 cm (or 100 mm) visual analogue scale (VAS)
- (2) employment
- (3) domestic chores or "odd jobs"
- (4) sport or active social activities (like dancing)
- (5) resting
- (6) treatment or consultation with health care provider
- (7) analgesia
- (8) sex life
- (9) sleeping
- (10) walking
- (11) sitting
- (12) traveling
- (13) dressing

Parameter	Finding	Points
current pain	7 to 10 cm VAS	0
	5 to 6 cm VAS	3
	3 to 4 cm VAS	6
	0 to 2	9
employment	unemployed because of back pain	0
	part time	3
	full time lighter	6
	full time original	9
domestic chores or odd jobs	none	0
	a few but not many	3
	most or all but more slowly	6
	normally	9
sport or active social activities	none	0
	some but much less than before	3
	back to previous level	9
resting	resting more than half the day	0

	little rest needed occasional	4
	no need to rest	6
treatment or consultation	more than once per month	0
	about once per month	2
	rarely	4
	never	6
analgesia	several times each day	0
	almost every day	2
	occasionally	4
	never	6
sex life	severely affected impossible	0
	moderately affected difficult	2
	mildly affected	4
	unaffected	6
sleeping	severely affected impossible	0
	moderately affected difficult	1
	mildly affected	2
	unaffected	3
walking	severely affected impossible	0
	moderately affected difficult	1
	mildly affected	2
	unaffected	3
Sitting	severely affected impossible	0
	moderately affected difficult	1
	mildly affected	2
	unaffected	3
Travelling	severely affected impossible	0
	moderately affected difficult	1

	mildly affected	2
	unaffected	3
Dressing	severely affected impossible	0
	moderately affected difficult	1
	mildly affected	2
	unaffected	3

- where:
- The pain scale is a linear scale from 0 to 10 cm with 0 = no pain and 10 = worst possible pain imaginable.
 - The VAS score appears to have gaps (at 2-3 4 and 6-7 cm).
 - For employment status housewives are according to previous abilities.

total score = SUM(points for all 13 parameters)

- Interpretation:
- minimum score: 0
 - maximum score: 75
 - The higher the score the better the patient's status.

Score	Status
>= 65	excellent
50 – 64	good
30 – 49	fair
0 – 29	poor

References:

Greenough CG Fraser RD. Assessment of outcome in patients with low-back pain. Spine. 1992; 17: 36-41 (Table 1 page 37).

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