

## Orebro Musculoskeletal Screening Questionnaire (ÖMSQ)

The ÖMSQ is a screening questionnaire that is used to predict the risk of delayed recovery or longer term disability and potential failure to return to pre-injury capacity such as work or daily activity due to personal, social psychological and environmental factors.

These factors can be altered and by administering this ÖMSQ tool the treating healthcare professional gains the opportunity to address the underlying problem areas and consider what may be the appropriate interventions.

**It should be noted that:** The ÖMSQ score is used to predict the potential risk of delayed recovery or longer term disability and failed return to pre-injury activity and work levels.

The higher the score indicates the higher the risk of potential chronicity. As with all tools there is always the possibility of a false positive or negative. The full research articles should be read in conjunction with this scoring advise sheet and these are available on request from the authors or at [www.adviserehab.com](http://www.adviserehab.com).

### Scoring instructions for the ÖMSQ-12 (Short form Tool)

- All Questions Score 0-10
  - All questions value is the scores indicated by the participant.
  - For questions **8,11-12** the score is 10 minus (or 10-) the score indicated
  - Score the value at the end of each line or adjacent the Question number for each item.
  - Total the scores as indicated above to gain the final value
  - The interpretation of the results is listed below
- $\leq 57$  = low risk for no-absenteeism
  - 57-72 = moderate risk
  - $\geq 72$  = high risk for absenteeism, functional impairment, problem severity and high cost

### Scoring instructions for the ÖMSQ – 21 (Long form Tool)

- All Questions Score 0-10
  - Question 1 is scored double or x2
  - All questions value is the scores indicated by the participant.
  - For questions **8,12-13 and 17-21** the score is 10 minus (or 10-) the score indicated
  - Score the value at the end of each line or adjacent the Question number for each item.
  - Total the scores as indicated above to gain the final value
  - The interpretation of the results is listed below
- $\leq 83$  = low risk for no-absenteeism
  - 83-114 = moderate risk
  - $\geq 114$  = high risk for absenteeism, functional impairment, problem severity and high cost
  - $\geq 95$  for low cost