

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

## NECK DISABILITY INDEX

Please circle the answers below that best apply.

Please rate your pain level with activity: NO PAIN = 0 1 2 3 4 5 6 7 8 9 10 = SEVERE PAIN

### 1. Pain Intensity

- (0) I have no pain at the moment
- (1) The pain is very mild at the moment
- (2) The pain is moderate at the moment
- (3) The pain is fairly severe at the moment
- (4) The pain is very severe at the moment
- (5) The pain is the worse imaginable at the moment

### 2. Personal Care (washing, dressing, etc.)

- (0) I can look after myself normally without extra pain
- (1) I can look after myself but it causes extra pain
- (2) It is painful to look after myself and I am slow and careful
- (3) I need some help but manage most of my personal care
- (4) I need help every day in most aspects of self care
- (5) I cannot get dressed, wash with difficulty and stay in bed

### 3. Lifting

- (0) I can lift heavy weights without extra pain
- (1) I can lift heavy weights but it gives me extra pain
- (2) Pain prevents me from lifting heavy weights off the floor but I can manage if they are on a table
- (3) Pain prevents me from lifting heavy weights, but I can manage if they are conveniently places
- (4) I can lift only very light weights
- (5) I cannot lift or carry anything at all

### 4. Headache

- (0) I have no headaches at all
- (1) I have slight headaches which come infrequently
- (2) I have moderate headaches which come infrequently
- (3) I have moderate headaches which come frequently
- (4) I have severe headaches which come infrequently
- (5) I have headaches almost all the time

### 5. Recreation

- (0) I am able to engage in all my recreational activities without pain
- (1) I am able to engage in my recreational activities with some pain
- (2) I am able to engage in most but not all of my recreational activities because of my neck pain
- (3) I am able to engage in a few of my usual recreational activities with some neck pain
- (4) I can hardly do any recreational activities because of neck pain
- (5) I can't do any recreational activities at all

### 6. Reading

- (0) I can read as much as I want with no pain in my neck
- (1) I can read as much as I want with slight neck pain
- (2) I can read as much as I want with moderate neck pain
- (3) I can't read as much as I want because of moderate neck pain
- (4) I can hardly read at all because of severe neck pain
- (5) I cannot read at all because of neck pain

### 7. Work

- (0) I can do as much as I want to
- (1) I can only do my usual work but no more
- (2) I can do most of my usual work but no more
- (3) I cannot do my usual work
- (4) I can hardly do any usual work at all
- (5) I can't do any work at all

### 8. Sleeping

- (0) Pain does not prevent me from sleeping well
- (1) My sleep is slightly disturbed (< 1 hr sleep loss)
- (2) My sleep is mildly disturbed (1-2 hr sleep loss)
- (3) My sleep is moderately disturbed (2-3 hr sleep loss)
- (4) My sleep is greatly disturbed (3-4 hr sleep loss)
- (5) My sleep is completely disturbed (5-7 hr sleep loss)

### 9. Concentration

- (0) I can concentrate fully when I want with no difficulty
- (1) I can concentrate fully when I want with slight difficulty
- (2) I have a fair degree of difficulty concentrating when I want
- (3) I have a lot of difficulty concentrating when I want
- (4) I have great difficulty concentrating when I want
- (5) I cannot concentrate at all

### 10. Driving

- (0) I can drive my car without neck pain
- (1) I can drive my car as long as I want with slight neck pain
- (2) I can drive my car as long as I want with moderate neck pain
- (3) I can't drive my car as long as I want because of moderate pain
- (4) I can hardly drive my car at all because of severe neck pain
- (5) I can't drive my car at all