

# Neck Disability Index

This questionnaire is designed to help us better understand how your neck pain affects your ability to manage everyday activities. Please circle ONE LETTER in each section that applies to you. Although you may consider that two statements may apply to you, please mark the one that MOST CLOSELY describes your current condition

## Pain Intensity

- A. No pain at the moment.
- B. Mild pain at the moment.
- C. Moderate pain at the moment.
- D. Fairly severe pain at the moment.
- E. Very severe pain at the moment.
- F. Worst pain imaginable at the moment.

## Concentration

- A. Can concentrate without difficulty.
- B. Can concentrate with slight difficulty.
- C. Can concentrate with fair difficulty.
- D. Can concentrate with a lot of difficulty.
- E. Can concentrate with extreme difficulty.
- F. Cannot concentrate at all.

## Personal Care

- A. Personal care normal without extra pain.
- B. Personal care normal with extra pain.
- C. Personal care is painful/slow and careful.
- D. Manage most personal care with some help.
- E. Needs help every day in most aspects of care.
- F. Difficulty dressing and washing/stays in bed.

## Work

- A. Work is unrestricted.
- B. Can do usual work but no more.
- C. Can do most usual work, but no more.
- D. I can't do my usual work.
- E. Can hardly do any work.
- F. Cannot do any work at all

## Lifting

- A. Lifts heavy weights with no pain.
- B. Lifts heavy weights with pain.
- C. Can lift heavy weights from a table
- D. Can lift light weights from a table
- E. Can lift only very light weights.
- F. Cannot lift or carry anything.

## Sleeping

- A. No difficulties sleeping
- B. Sleep is mildly disturbed
- C. 1-2 Hours loss of sleep
- D. 2-3 hours loss of sleep
- E. 3-5 hours loss of sleep
- F. 5-7 hours loss of sleep

## Reading

- A. No pain while reading.
- B. Slight pain while reading.
- C. Moderate pain while reading.
- D. Moderate pain prevents reading.
- E. Severe pain prevents reading.
- F. Cannot read at all due to pain.

## Driving

- A. Can drive without pain.
- B. Driving causes slight neck pain.
- C. Driving causes moderate neck pain.
- D. Cannot drive long due to moderate pain
- E. Can hardly drive due to severe pain
- F. Pain prevents driving

## Headaches

- A. No headaches.
- B. Slight, frequent headaches.
- C. Moderate, infrequent headaches.
- D. Moderate, frequent headaches.
- E. Severe, frequent headaches.
- F. Constant headaches.

## Recreation

- A. Recreation is not affected
- B. Some neck pain, but does not affect activity
- C. Some activity is affected by pain
- D. Most activity is affected by pain
- E. Activity severely restricted by pain
- F. Cannot do any activities.

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

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



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