

Neck Disability Index

Patient Name: _____

Date: _____

This Neck Disability Index questionnaire is designed to help us understand how your neck pain affects your ability to perform everyday activities. Please answer each section by marking the ONE choice that MOST applies to you. You may feel that more than one statement may relate to you, but please only choose the choice which describes you the MOST.

Pain Intensity

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is fairly severe at the moment
- The pain is very severe at the moment
- The pain is the worst imaginable at the moment

Lifting

- I can lift heavy weight without extra pain
- I can lift heavy weight, but it causes extra pain
- Pain prevents me from lifting heavy weight off the floor, but I can manage if they are conveniently positioned (i.e. on a table)
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- I can lift very light weights
- I cannot lift or carry anything at all

Headaches

- I have no headaches at all
- I have slight headaches which come occasionally
- I have moderate headaches which come occasionally
- I have moderate headaches which frequently
- I have severe headaches which come frequently
- I have headaches almost all the time

Personal Care

- I can care for myself without causing extra pain
- I can care for myself normally but it causes extra pain
- It is painful to care for myself and I am slow and careful
- I need some help but manage most of my personal care
- I need help every day in most aspects of personal care
- I do not get dressed; I wash with difficulty and stay in bed

Reading

- I can read as much as I want with no pain in my neck
- I can read as much as I want with slight pain in my neck
- I can read as much as I want with moderate pain in my neck
- I can't read as much as I want because of moderate pain in my neck
- I can hardly read at all because of severe pain in my neck
- I cannot read at all

Neck Disability Index Continued

Patient Name: _____

Concentration

- I can concentrate fully when I want with no difficulty
- I can concentrate fully when I want with slight difficulty
- I have a fair degree of difficulty in concentrating when I want
- I have a lot of difficulty in concentrating when I want
- I have a great deal of difficulty in concentrating when I want
- I cannot concentrate at all

Work

- I can do as much work as I want
- I can only do my usual work, but no more
- I can do most of my usual work, but no more
- I cannot do my usual work
- I can hardly do any work at all
- I can't do any work at all

Sleeping

- I have no trouble sleeping
- My sleep is slightly disturbed (less than 1 hour sleepless)
- My sleep is mildly disturbed (1-2 hours sleepless)
- My sleep is moderately disturbed (2-3 hours sleepless)
- My sleep is greatly disturbed (3-5 hours sleepless)
- My sleep is completely disturbed (5-7 hours sleepless)

Driving

- I can drive my car without any neck pain
- I can drive my car as long as I want with slight neck pain
- I can drive my car as long as I want with moderate neck pain
- I can't drive my car as long as I want because of moderate neck pain
- I can hardly drive at all because of severe neck pain
- I can't drive my car at all

Recreation

- I am able to engage in all of my recreational activities without any neck pain at all
- I am able to engage in all of my recreational activities with some neck pain
- I am able to engage in most, but not all of my recreational activities because of neck pain
- I am able to engage in a few of my recreational activities because of neck pain
- I can't do any recreational activities at all

Total Score: _____