

Neck Disability Index

Patient Name: _____ **Date:** ____/____/____ **Score:** _____

Please Read: This information describes how your neck pain has affected your ability to manage everyday life. Please answer every section, and circle the **ONE** number that best describes your condition **today**.

<p>Section 1 – Pain Intensity</p> <p>0 I have no pain at the moment.</p> <p>1 The pain is very mild at the moment.</p> <p>2 The pain is moderate at the moment.</p> <p>3 The pain is fairly severe at the moment.</p> <p>4 The pain is very severe at the moment.</p> <p>5 The pain is the worst imaginable at the moment.</p>	<p>Section 6 – Concentration</p> <p>0 I can concentrate fully when I want to with no difficulty.</p> <p>1 I can concentrate fully when I want to with slight difficulty.</p> <p>2 I have a fair degree of difficulty in concentrating when I want to.</p> <p>3 I have a lot of difficulty in concentrating when I want to.</p> <p>4 I have a great deal of difficulty in concentrating when I want to.</p> <p>5 Cannot concentrate at all.</p>
<p>Section 2 – Personal Care (eg, washing and dressing)</p> <p>0 I can look after myself normally without causing extra pain.</p> <p>1 I can look after myself normally but it causes me extra pain.</p> <p>2 It is painful to look after myself and I am slow and careful.</p> <p>3 I need some help but manage most of my personal care.</p> <p>4 I need help every day in most aspects of self-care.</p> <p>5 I do not get dressed, wash with difficulty, and stay in bed.</p>	<p>Section 7 – Work</p> <p>0 I can do as much as I want to.</p> <p>1 I can only do my usual work but no more.</p> <p>2 I can do most of my usual work, but no more.</p> <p>3 I cannot do my usual work.</p> <p>4 I can hardly do any work at all.</p> <p>5 Can't do any work at all.</p>
<p>Section 3 – Lifting</p> <p>0 I can lift heavy weights without extra pain.</p> <p>1 I can lift heavy weights but it causes extra pain.</p> <p>2 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.</p> <p>3 Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.</p> <p>4 I can lift only very light weights.</p> <p>5 I cannot lift or carry anything at all.</p>	<p>Section 8 – Driving</p> <p>0 I can drive my car without any neck pain.</p> <p>1 I can drive my car as long as I want with slight pain in my neck.</p> <p>2 I can drive my car as long as I want with moderate pain in my neck.</p> <p>3 I can't drive my car as long as I want because of moderate pain in my neck.</p> <p>4 I can hardly drive at all because of severe pain in my neck.</p> <p>5 I can't drive my car at all.</p>
<p>Section 4 - Reading</p> <p>0 I can read as much as I want with no pain in my neck.</p> <p>1 I can read as much as I want to with slight pain in my neck.</p> <p>2 I can read as much as I want with moderate pain in my neck.</p> <p>3 I can't read as much as I want because of moderate pain in my neck.</p> <p>4 I can hardly read at all because of severe pain in my neck.</p> <p>5 I cannot read at all.</p>	<p>Section 9 – Sleeping</p> <p>0 I have no trouble sleeping</p> <p>1 My sleep is slightly disturbed (less than 1 hour sleep loss).</p> <p>2 My sleep is mildly disturbed (1-2 hours sleep loss).</p> <p>3 My sleep is moderately disturbed (2-3 hours sleep loss).</p> <p>4 My sleep is greatly disturbed (3-5 hours sleep loss).</p> <p>5 My sleep is completely disturbed (5-7 hours sleep loss).</p>
<p>Section 5 - Headache</p> <p>0 I have no headache at all.</p> <p>1 I have slight headaches that come infrequently.</p> <p>2 I have moderate headaches that come infrequently.</p> <p>3 I have moderate headaches that come frequently.</p> <p>4 I have severe headaches that come frequently.</p> <p>5 I have headaches almost all of the time.</p>	<p>Section 10 – Recreation</p> <p>0 I am able to engage in all of my recreational activities with no neck pain at all.</p> <p>1 I am able to engage in all of my recreational activities with some pain in my neck.</p> <p>2 I am able to engage in most, but not all, of my usual recreational activities because of pain in my neck.</p> <p>3 I am able to engage in a few of my usual recreational activities because of pain in my neck.</p> <p>4 I can hardly do any recreational activities because of pain in my neck.</p> <p>5 I can't do any recreational activities at all.</p>

Pain Index

1	2	3	4	5	6	7	8	9	10
Mild			Moderate				Strong		