

## Neck Disability Index

THIS QUESTIONNAIRE IS DESIGNED TO HELP US BETTER UNDERSTAND HOW YOUR **NECK PAIN** AFFECTS YOUR ABILITY TO MANAGE EVERYDAY -LIFE ACTIVITIES. PLEASE MARK IN EACH SECTION THE **ONE BOX** THAT APPLIES TO YOU.

ALTHOUGH YOU MAY CONSIDER THAT TWO OF THE STATEMENTS IN ANY ONE SECTION RELATE TO YOU, PLEASE MARK THE BOX THAT **MOST CLOSELY** DESCRIBES YOUR PRESENT -DAY SITUATION.

### SECTION 1 - PAIN INTENSITY

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

### SECTION 2 - PERSONAL CARE

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

### SECTION 3 – LIFTING

- D I can lift heavy weights without causing extra neck pain.
- D I can lift heavy weights, but it gives me extra neck pain.
- D Neck pain prevents me from lifting heavy weights off the floor but I can manage if items are conveniently positioned, ie. on a table.
- D Neck pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned
- D I can lift only very light weights.
- D I cannot lift or carry anything at all.

### SECTION 4 – READING

- D I can read as much as I want with no neck pain.
- D I can read as much as I want with slight neck pain.
- D I can read as much as I want with moderate neck pain.
- D I can't read as much as I want because of moderate neck pain.
- D I can't read as much as I want because of severe neck pain.
- D I can't read at all.

### SECTION 5 – HEADACHES

- D I have no headaches at all.
- D I have slight headaches that come infrequently.
- D I have moderate headaches that come infrequently.
- D I have moderate headaches that come frequently.
- D I have severe headaches that come frequently.
- D I have headaches almost all the time.

### SECTION 6 – CONCENTRATION

- D I can concentrate fully without difficulty.
- D I can concentrate fully with slight difficulty.
- D I have a fair degree of difficulty concentrating.
- D I have a lot of difficulty concentrating.
- D I have a great deal of difficulty concentrating.
- D I can't concentrate at all.

### SECTION 7 – WORK

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

### SECTION 8 – DRIVING

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

### SECTION 9 – SLEEPING

- D I have no trouble sleeping.
- D My sleep is slightly disturbed for less than 1 hour.
- D My sleep is mildly disturbed for up to 1-2 hours.
- D My sleep is moderately disturbed for up to 2-3 hours.
- D My sleep is greatly disturbed for up to 3-5 hours.
- D My sleep is completely disturbed for up to 5-7 hours.

### SECTION 10 – RECREATION

- D I am able to engage in all my recreational activities with no neck pain at all.
- D I am able to engage in all my recreational activities with some neck pain.
- D I am able to engage in most, but not all of my recreational activities because of pain in my neck.
- D I am able to engage in a few of my recreational activities because of neck pain.
- D I can hardly do recreational activities due to neck pain.
- D I can't do any recreational activities due to neck pain.

PATIENT NAME \_\_\_\_\_

DATE \_\_\_\_\_

SCORE \_\_\_\_\_ [50]