

# Neck Disability Index

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

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

**Instructions: Please mark only ONE BOX in each section, which most closely describes your problem**

## Section 1- Pain Intensity

- 0. The pain comes and goes and is very mild
- 1. The pain is mild and does not vary much
- 2. The pain comes and goes and is moderate
- 3. The pain is moderate and does not vary much
- 4. The pain comes and goes and is severe
- 5. The pain is severe and does not vary much

## Section 2- Personal Care (Washing, Dressing etc.)

- 0. I can look after myself without causing 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 my personal care.
- 5. I do not get dressed, I wash with difficulty, and stay in bed.

## Section 3- Lifting

- 0. I can lift heavy weights without extra pain
- 1. I can lift heavy weights but it causes extra pain
- 2. Pain prevents me from lifting heavy weights off the floor.
- 3. Pain prevents me lifting heavy weight off the floor, but I can manage if they are conveniently positioned e.g. on a table
- 4. Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned e.g. on a table
- 5. I can lift only very light weights

## Section 4-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 pain in my neck
- 2. I can read as much as I want with moderate pain in my neck
- 3. I cannot read as much as I like because of moderate pain in my neck
- 4. I can hardly read at all because of severe pain in my neck
- 5. I cannot read at all because of severe pain in my neck.

## Section 5-Headaches

- 0. I have no headaches at all
- 1. I have slight headaches, which occur infrequently
- 2. I have moderate headaches, which occur infrequently
- 3. I have moderate headaches, which occur frequently
- 4. I have severe headaches, which occur frequently
- 5. I have headaches almost all the time.

## Section 6-Concentration

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

## Section 7-Work

- 0. I can do as much work as I want to.
- 1. I can do my usual work, but no more.
- 2. I can do most of my usual work, but not all.
- 3. I cannot do my usual work.
- 4. I can hardly do any work at all.
- 5. I cannot do any work at all.

## Section 8-Driving

- 0. I can drive my car without any 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 cannot drive my car as long as I want because of moderate neck pain.
- 4. I can hardly drive at all because of severe neck pain.
- 5. I cannot drive at all.

## Section 9-Sleeping

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

## Section 10-Recreation

- 0. I am able to engage in all my recreation activities with no neck pain at all
- 1. I am able to engage in all my recreation activities with some neck pain
- 2. I am able to engage in most, but not all of my recreation activities because of my neck pain.
- 3. I am able to engage in few of my recreation activities because of my neck pain
- 4. I can hardly do any recreation because of neck pain
- 5. I cannot do any recreation at all because of neck pain.

<b>Doctor's use only</b> Score:	%
Last Score:	%