

Neck Disability Index

This questionnaire has been designed to give your therapist information as to how your neck pain has affected your ability to manage in everyday life. Please answer every question by placing a mark in the one box that best describes your condition today. We realize that you may feel that 2 of the statements may describe your condition, but **please mark only the box that most closely describes your current condition.**

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.

Reading

- I can read as much as I want to with no pain in my neck.
- I can read as much as I want to 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 neck pain.
- I can hardly read at all because of severe pain in my neck.
- Pain prevents me from reading at all.

Lifting

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

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 as long as I want due to moderate neck pain.
- I can hardly drive at all because of severe neck pain.
- I can't drive my car at all.

Personal Care (Washing, Dressing, etc.)

- I do not have to change the way I wash and dress myself to avoid pain.
- I do not normally change the way I wash or dress myself even though it causes some pain.
- Washing and dressing increases my pain, but I can do it without changing my way of doing it.
- Washing and dressing increases my pain and I find it necessary to change the way I do it.
- Because of my pain I am partially unable to wash and dress without help.
- Because of my pain I am completely unable to wash or dress without help.

Headache

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

Sleeping

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

Recreation

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

Work

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

Concentration

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