



## Neck Disability Index

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

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

### 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

### Personal Care

- I can look after myself normally without causing extra pain
- I can look after myself normally but it causes extra pain
- It is painful to look after 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 my self-care
- I do not get dressed. I wash with difficulty and stay in bed

### Lifting

- I can lift heavy weights without causing extra pain
- I can lift heavy weights but it gives me extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned; e.g.—a table
- Pain prevents me from lifting heavy weights off the floor, but I can manage light weights if they are conveniently positioned
- I can lift only very light weights
- I cannot lift or carry anything at all

### Reading

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

### Headache

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

**Concentration**

- I can concentrate fully without difficulty
- I can concentrate fully with slight difficulty
- I have a fair degree of difficulty concentrating
- I have a lot of difficulty concentrating
- I have a great deal of difficulty concentrating
- 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 can't do my usual work
- I can hardly do any work at all
- I can't do any work at all

**Driving**

- I can drive my car without neck pain
- I can drive as long as I want with slight neck pain
- I can drive as long as I want with moderate neck pain
- I cannot drive 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 because of neck pain

**Sleeping**

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

**Recreation**

- I have no neck pain during all recreational activities
- I have some neck pain with all recreational activities
- I have some neck pain with a few recreational activities
- I have neck pain with most recreational activities
- I can hardly do recreational activities due to neck pain
- I can't do any recreational activities due to neck pain

Patient Signature: \_\_\_\_\_