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

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

SECTION 2 - PERSONAL CARE

- □ I can look after myself 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 self-care.
- □ I do not get dressed. I wash with difficulty and stay in bed.

SECTION 3 - LIFTING

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

SECTION 4 - WORK

- □ I can do as much work 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 do my usual work.
- □ I can hardly do any work at all.
- □ I cannot do any work at all.

SECTION 5 - HEADACHES

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

SECTION 6 - 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.

SECTION 7 - 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.

SECTION 8 - 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 can't drive as long as I want because of moderate neck pain.
- □ I can hardly drive at all because of severe neck pain
- □ I cannot drive my car at all because of neck pain.

SECTION 9 - READING

- □ I can read as much as I want to 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 can't read as much as I want because of moderate neck pain.
- □ I can't read as much as I want because of severe neck pain.
- □ I cannot read at all.

SECTION 10 - 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 Name		Date
Score	_[50]	Benchmark -5 =

Coypright Vernon H. and Hagino C., 10987. Vernon H, Mior S. The Neck Disability Index: A study of reliability and validity. Journal of Manipulative and Physiological Therapeutics 1991; 14:409-415. Copied with permission of the authors.