



Neck Disability Index

Patient Name: _____ **Date:** _____ **Score:** _____

<p>Section 1 – Pain Intensity</p> <ul style="list-style-type: none"> • 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. 	<p>Section 6 – Concentration</p> <ul style="list-style-type: none"> • 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 can't concentrate at all.
<p>Section 2 – Personal Care (washing, dressing, etc)</p> <ul style="list-style-type: none"> • 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. 	<p>Section 7 – Work</p> <ul style="list-style-type: none"> • 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 can't do any work at all.
<p>Section 3 – Lifting</p> <ul style="list-style-type: none"> • 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 if they are conveniently positioned, for example 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 very light weights. • I can't lift or carry anything at all. 	<p>Section 8 – Driving</p> <ul style="list-style-type: none"> • I can drive my car without neck pain. • I can drive my car as long as I want with slight pain in my neck. • I can drive my car as long as I want with moderate pain in my neck. • I can't drive my car as long as I want because of moderate pain in my neck. • I can hardly drive my car at all because of severe pain in my neck. • I can't drive my car at all.
<p>Section 4 – Reading</p> <ul style="list-style-type: none"> • I can read as much as I want to with no pain in my neck. • I can read as much as I want 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 pain in my neck. • I can't read as much as I want because of severe pain in my neck. • I can't read at all. 	<p>Section 9 – Sleeping</p> <ul style="list-style-type: none"> • I have no trouble sleeping. • My sleep is slightly disturbed (less than 1 hour sleepless). • My sleep is mildly disturbed (1-2 hours sleepless). • My sleep is moderately disturbed (2-3 hours sleepless). • My sleep is greatly disturbed (3-5 hours sleepless). • My sleep is completely disturbed (5-7 hours sleepless).
<p>Section 5 – Headache</p> <ul style="list-style-type: none"> • I have no headaches at all. • I have slight headaches which come infrequently. • I have moderate headaches which come infrequently. 	<p>Section 10 – Recreation</p> <ul style="list-style-type: none"> • I am able to engage in all recreational activities with no pain in my neck at all. • I am able to engage in all recreational activities with some pain in my neck.



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- I have moderate headaches which come frequently.
- I have severe headaches which come frequently.
- I have headaches almost all the time.

- I am able to engage in most, but not all recreational activities because of pain in my neck.
- I am able to engage in few of my usual recreational activities because of pain in my neck.
- I can hardly do any recreational activities because of pain in my neck.
- I can't do any recreational activities at all.