



## Neck Disability Index

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Score:** \_\_\_\_\_

<p><b>Section 1 – Pain Intensity</b></p> <ul style="list-style-type: none"> <li>• I have no pain at the moment.</li> <li>• The pain is very mild at the moment.</li> <li>• The pain is moderate at the moment.</li> <li>• The pain is fairly severe at the moment.</li> <li>• The pain is very severe at the moment.</li> <li>• The pain is the worst imaginable at the moment.</li> </ul>	<p><b>Section 6 – Concentration</b></p> <ul style="list-style-type: none"> <li>• I can concentrate fully when I want to with no difficulty.</li> <li>• I can concentrate fully when I want to with slight difficulty.</li> <li>• I have a fair degree of difficulty in concentrating when I want to.</li> <li>• I have a lot of difficulty in concentrating when I want to.</li> <li>• I have a great deal of difficulty in concentrating when I want to.</li> <li>• I can't concentrate at all.</li> </ul>
<p><b>Section 2 – Personal Care (washing, dressing, etc)</b></p> <ul style="list-style-type: none"> <li>• I can look after myself without causing extra pain.</li> <li>• I can look after myself normally but it causes extra pain.</li> <li>• It is painful to look after myself and I am slow and careful.</li> <li>• I need some help, but manage most of my personal care.</li> <li>• I need help every day in most aspects of self-care.</li> <li>• I do not get dressed. I wash with difficulty and stay in bed.</li> </ul>	<p><b>Section 7 – Work</b></p> <ul style="list-style-type: none"> <li>• I can do as much work as I want to.</li> <li>• I can only do my usual work, but no more.</li> <li>• I can do most of my usual work, but no more.</li> <li>• I cannot do my usual work.</li> <li>• I can hardly do any work at all.</li> <li>• I can't do any work at all.</li> </ul>
<p><b>Section 3 – Lifting</b></p> <ul style="list-style-type: none"> <li>• I can lift heavy weights without extra pain.</li> <li>• I can lift heavy weights, but it causes extra pain.</li> <li>• Pain prevents me from lifting heavy weights off the floor but I can if they are conveniently positioned, for example on a table.</li> <li>• Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</li> <li>• I can lift very light weights.</li> <li>• I can't lift or carry anything at all.</li> </ul>	<p><b>Section 8 – Driving</b></p> <ul style="list-style-type: none"> <li>• I can drive my car without neck pain.</li> <li>• I can drive my car as long as I want with slight pain in my neck.</li> <li>• I can drive my car as long as I want with moderate pain in my neck.</li> <li>• I can't drive my car as long as I want because of moderate pain in my neck.</li> <li>• I can hardly drive my car at all because of severe pain in my neck.</li> <li>• I can't drive my car at all.</li> </ul>
<p><b>Section 4 – Reading</b></p> <ul style="list-style-type: none"> <li>• I can read as much as I want to with no pain in my neck.</li> <li>• I can read as much as I want with slight pain in my neck.</li> <li>• I can read as much as I want with moderate pain in my neck.</li> <li>• I can't read as much as I want because of moderate pain in my neck.</li> <li>• I can't read as much as I want because of severe pain in my neck.</li> <li>• I can't read at all.</li> </ul>	<p><b>Section 9 – Sleeping</b></p> <ul style="list-style-type: none"> <li>• I have no trouble sleeping.</li> <li>• My sleep is slightly disturbed (less than 1 hour sleepless).</li> <li>• My sleep is mildly disturbed (1-2 hours sleepless).</li> <li>• My sleep is moderately disturbed (2-3 hours sleepless).</li> <li>• My sleep is greatly disturbed (3-5 hours sleepless).</li> <li>• My sleep is completely disturbed (5-7 hours sleepless).</li> </ul>
<p><b>Section 5 – Headache</b></p> <ul style="list-style-type: none"> <li>• I have no headaches at all.</li> <li>• I have slight headaches which come infrequently.</li> <li>• I have moderate headaches which come infrequently.</li> </ul>	<p><b>Section 10 – Recreation</b></p> <ul style="list-style-type: none"> <li>• I am able to engage in all recreational activities with no pain in my neck at all.</li> <li>• I am able to engage in all recreational activities with some pain in my neck.</li> </ul>



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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.