

Neck Disability Index

Name: _____

Date: _____

SECTION 1: Pain Intensity

- A. I have no pain at the moment. (0 pts)
- B. The pain is mild at the moment. (1 pt)
- C. The pain comes & goes & is moderate. (2 pts)
- D. The pain is moderate & does not vary much. (3 pts)
- E. The pain is severe but comes & goes. (4 pts)
- F. The pain is severe & does not vary much. (5 pts)

SECTION 2: Personal Care (Washing, Dressing etc.)

- A. I can look after myself without causing extra pain. (0 pts)
- B. I can look after myself normally but it causes extra pain. (1 pts)
- C. It is painful to look after myself and I am slow & careful. (2 pts)
- D. I need some help but manage most of my personal care. (3 pts)
- E. I need help every day in most aspects of self-care. (4 pts)
- F. I do not get dressed; I wash with difficulty and stay in bed. (5 pts)

SECTION 3: Lifting

- A. I can lift heavy weights without extra pain. (0 pts)
- B. I can lift heavy weights, but it causes extra pain. (1 pt)
- C. Pain prevents me from lifting heavy weights off the floor, but I can if they are conveniently positioned, for example on a table. (2 pts)
- D. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. (3 pts)
- E. I can only lift very light weights. (4 pts)
- F. I cannot lift or carry anything at all. (5 pts)

SECTION 4: Reading

- A. I can read as much as I want to with no pain in my neck. (0 pts)
- B. I can read as much as I want with slight pain in my neck. (1 pts)
- C. I can read as much as I want with moderate pain in my neck. (2 pts)
- D. I cannot read as much as I want because of moderate pain in my neck.
- E. I cannot read as much as I want because of severe pain in my neck.
- F. I can not read at all because of neck pain. (5 pts)

SECTION 6: Concentration

- A. I can concentrate fully when I want to with no difficulty. (0 pts)
- B. I can concentrate fully when I want to with slight difficulty. (1 pts)
- C. I have a fair degree of difficulty in concentrating when I want to. (2 pts)
- D. I have a lot of difficulty in concentrating when I want to. (3 pts)
- E. I have a great deal of difficulty in concentrating when I want to. (4 pts)
- F. I cannot concentrate at all. (5 pts)

SECTION 7: Work

- A. I can do as much work as I want to. (0 pts)
- B. I can only do my usual work but no more. (1 pt)
- C. I can do most of my usual work but no more. (2 pts)
- D. I cannot do my usual work. (3 pts)
- E. I can hardly do any work at all. (4 pts)
- F. I cannot do any work at all. (5 pts)

SECTION 8: Driving

- A. I can drive my car without neck pain. (0 pts)
- B. I can drive my car as long as I want with slight pain in my neck. (1 pt)
- C. I can drive my car as long as I want with moderate pain in my neck.
- D. I cannot drive my car as long as I want because of moderate pain in my neck. (3 pts)
- E. I can hardly drive my car at all because of severe pain in my neck. (4p)
- F. I cannot drive my car at all. (5 pts)

SECTION 9: Sleeping

- A. I have no trouble sleeping. (0 pts)
- B. My sleep is slightly disturbed (less than 1 hour sleepless). (1 pt)
- C. My sleep is mildly disturbed (1-2 hours sleepless). (2 pts)
- D. My sleep is moderately disturbed (2-3 hours sleepless). (3 pts)
- E. My sleep is greatly disturbed (3-5 hours sleepless). (4 pts)
- F. My sleep is completely disturbed (5-7 hours sleepless). (5 pts)

SECTION 10: Recreation

- A. I am able to engage in all recreational activities with no pain in my neck at all. (0 pts)
- B. I am able to engage in all recreational activities with some pain in my neck. (1 pts)
- C. I am able to engage in most, but not all, recreational activities because of pain in my neck. (2 pts)
- D. I am able to engage in only a few of my usual recreational activities because of pain in my neck. (3 pts)
- E. I can hardly do any recreational activities because of pain in my neck.
- F. I cannot do any recreational activities at all. (5 pts)