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# NECK DISABILITY INDEX

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NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

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

- 0. I have no neck pain at the moment.
- 1. The pain is very mild at the moment.
- 2. The pain is moderate at the moment.
- 3. The pain is fairly severe at the moment.
- 4. The pain is very severe at the moment.
- 5. The pain is the worst imaginable at the moment.

## SECTION 2 - PERSONAL CARE

- 1. I can look after myself normally without causing extra neck pain.
- 2. I can look after myself normally, but it causes extra neck pain.
- 3. It is painful to look after myself, and I am slow and careful.
- 4. I need some help but manage most of my personal care.
- 5. I need help every day in most aspects of self -care.
- 6. I do not get dressed. I wash with difficulty and stay in bed.

## SECTION 3 – LIFTING

- 1. I can lift heavy weights without causing extra neck pain.
- 2. can lift heavy weights, but it gives me extra neck pain.
- 3. Neck pain prevents me from lifting heavy weights off the floor but I can manage if items are conveniently positioned, ie. on a table.
- 4. Neck pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned
- 5. I can lift only very light weights.
- 6. I cannot lift or carry anything at all.

## SECTION 4 – READING

- 0. I can read as much as I want with no neck pain.
- 1. I can read as much as I want with slight neck pain.
- 2. I can read as much as I want with moderate neck pain.
- 3. I can't read as much as I want because of moderate neck pain.
- 4. I can't read as much as I want because of severe neck pain.
- 5. I can't read at all.

## SECTION 5 – HEADACHES

- 0. I have no headaches at all.
- 1. I have slight headaches that come infrequently.
- 2. I have moderate headaches that come infrequently.
- 3. I have moderate headaches that come frequently.
- 4. I have severe headaches that come frequently.
- 5. I have headaches almost all the time.

## SECTION 6 – CONCENTRATION

- 0. I can concentrate fully without difficulty.
- 1. I can concentrate fully with slight difficulty.
- 2. I have a fair degree of difficulty concentrating.
- 3. I have a lot of difficulty concentrating.
- 4. I have a great deal of difficulty concentrating.
- 5. I can't concentrate at all.

## SECTION 7 – WORK

- 0. I can do as much work as I want.
- 1. I can only do my usual work, but no more.
- 2. I can do most of my usual work, but no more.
- 3. I can't do my usual work.
- 4. I can hardly do any work at all.
- 5. I can't do any work at all.

## SECTION 8 – DRIVING

- 1. I can drive my car without neck pain.
- 2. I can drive my car with only slight neck pain.
- 3. I can drive as long as I want with moderate neck pain.
- 4. I can't drive as long as I want because of moderate neck pain.
- 5. I can hardly drive at all because of severe neck pain.
- 6. I can't drive my care at all because of neck pain.

## SECTION 9 – SLEEPING

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

## SECTION 10 – RECREATION

- 0. I am able to engage in all my recreational activities with no neck pain at all.
- 1. I am able to engage in all my recreational activities with some neck pain.
- 2. I am able to engage in most, but not all of my recreational activities because of pain in my neck.
- 3. I am able to engage in a few of my recreational activities because of neck pain.
- 4. I can hardly do recreational activities due to neck pain.
- 5. I can't do any recreational activities due to neck pain.

SCORE: \_\_\_\_\_/50