

# The Neck Disability Index



Name: \_\_\_\_\_ Date: \_\_\_\_\_

On a scale of 0(no pain)-10(worse possible pain) please rate your pain \_\_\_\_\_

Please answer **EVERY** section and mark in each section only the **ONE** box that applies to you.

## PAIN INTENSITY

- 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

## PERSONAL CARE

- I can look after myself normally, without causing extra pain
- I can look after myself normally, but it causes extra pain
- It is painful to look after myself & 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 & stay in bed

## LIFTING

- I can lift heavy weights without extra pain
- I can lift heavy weights, but it gives extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned
- I can lift very light weights
- I cannot lift or carry anything at all

## READING

- I can read as much as I want to, with no pain in my neck
- I can read as much as I want to, with slight pain in my neck
- I can read as much as I want to, with moderate pain in my neck
- I can't read as much as I want to, because of moderate pain in my neck
- I can't read as much as I want to, because of severe pain in my neck
- I can hardly read at all

## HEADACHES

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

## CONCENTRATION

- 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 difficult concentrating when I want to
- I have a great deal of difficulty in concentrating when I want to
- I cannot concentrate at all

## WORK

- I can do as much work as I want to
- I can 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
- I can't do any work at all

## DRIVING

- I can drive my car without any 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 at all because of severe pain in my neck
- I can't drive my car at all

## SLEEPING

- I have no trouble sleeping
- My sleep is slightly disturbed (less than 1 hr sleepless)
- My sleep is mildly disturbed (1-2 hrs sleepless)
- My sleep is moderately disturbed (2-3 hrs. sleepless)
- My sleep is greatly disturbed (3-5 hrs sleepless)
- My sleep is completely disturbed (5-7 hrs sleepless)

## RECREATION

- I am able to engage in all my recreation activities, with no neck pain at all
- I am able to engage in all my recreation activities, with some neck pain
- I am able to engage in most, but not all, of my usual recreation activities, because of pain in my neck
- I am able to engage in few of my recreation activities, because of pain in my neck
- I can hardly do any of my recreational activities, because of pain in my neck
- I can't do any recreation activities at all

TOTAL NDI PERCENTAGE: \_\_\_\_\_ %

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