

Neck Disability Index

Mark the box which most closely describes your present-day situation.

Section 1 - Pain Intensity

- (0) There is no 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 worse imaginable at the moment

Section 2 - Personal Care (washing, dressing, etc)

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

Section 3 - Lifting

- (0) I can lift heavy weights without extra pain
- (1) I can lift heavy weights but it gives extra pain
- (2) Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g. on a table
- (3) Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- (4) I can lift only very light weights
- (5) I cannot lift or carry anything at all

Section 4 - Reading

- (0) I can read as much as I want with no pain in my neck
- (1) I can read as much as I want with slight pain in my neck
- (2) I can read as much as I want with moderate pain in my neck
- (3) I cannot read as much as I want because of moderate pain in my neck
- (4) I can hardly read at all because of severe pain in my neck
- (5) I cannot 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 which come frequently
- (4) I have severe headaches that come frequently
- (5) I have headaches all the time.

Section 6 - Concentration

- (0) I can concentrate when I want to with no difficulty
- (1) I can concentrate when I want to with slight difficulty
- (2) I have a fair degree of difficulty in concentrating when I want to
- (3) I have a lot of difficulty in concentrating when I want to
- (4) I have a great deal of difficulty in concentrating when I want to
- (5) I cannot concentrate at all

Section 7 - Work

- (0) I can do as much work as I want to
- (1) I can do my usual work, but no more
- (2) I can do most of my usual work, but no more
- (3) I cannot do my usual work
- (4) I can hardly do any work at all
- (5) I cannot do any work at all

Section 8 - Driving

- (0) I can drive my car without any neck pain
- (1) I can drive my car as long as I want with slight pain in my neck
- (2) I can drive my car as long as I want with moderate pain in my neck
- (3) I cannot drive my car as long as I want because of moderate pain in my neck
- (4) I can hardly drive at all because of severe pain in my neck
- (5) I cannot drive my car at all

Section 9 - Sleeping

- (0) I have no trouble sleeping
- (1) My sleep is slightly disturbed (less than 1 hour sleepless)
- (2) My sleep is mildly disturbed (1-2 hours sleepless)
- (3) My sleep is moderately disturbed (2-3 hours sleepless)
- (4) My sleep is greatly disturbed (3-5 hours sleepless)
- (5) My sleep is completely disturbed (5-7 hours sleepless)

Section 10 - Recreation

- (0) I am able to engage in all my recreation activities with no neck pain
- (1) I am able to engage in all my recreation activities, with some pain in my neck
- (2) I am able to engage in most, but not all, of my usual recreation activities because of pain in my neck
- (3) I am able to engage in a few of my usual recreation activities because of pain in my neck
- (4) I can hardly do any recreation activities because of pain in my neck
- (5) I cannot do any recreation activities at all