

Neck Pain and Disability Index

Name: _____ Chart # _____ Date: _____

Please Read Instructions:

This questionnaire has been designed to give the doctor information as to how your low back pain has affected your ability to manage everyday life. In each section, please Check ONE Box which most closely describes your problem.

Section 1- Pain Intensity

- A. I have no pain at the moment
- B. The pain is mild at the moment.
- C. The pain is moderate at the moment.
- D. The pain is fairly severe at the moment.
- E. The pain is very severe at the moment.
- F. The pain is the worst imaginable at the moment.

Section 6 – Concentration

- A. I can concentrate fully when I want with no difficulty.
- B. I can concentrate fully when I want with slight difficulty.
- C. I have a fair degree of difficulty in concentrating when I want.
- D. I have a lot of difficulty in concentrating when I want.
- E. I have a great degree of difficulty in concentrating when I want
- F. I cannot concentrate at all

Section 2 – Personal Care

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

Section 7- Work

- A. I can do as much work as I want.
- B. I can only do my usual work, but no more.
- C. I can do most of my usual work, but no more.
- D. I can hardly do any work at all.
- E. I cannot do my usual work.
- F. I can't do any work at all.

Section 3 – Lifting

- A. I can read as much as I want with no pain in my neck.
- B. I can lift heavy weight but it gives extra pain.
- C. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned.
- D. Pain prevents me from lifting heavy weights, but I can manage light-medium weights if they are conveniently positioned.
- E. I can lift very light weights.
- F. I cannot lift or carry anything at all.

Section 8 – Driving

- A. I can drive my car without any neck pain.
- B. I can drive my car as long as I want with slight pain in my neck.
- C. I can drive my car as long as I want with moderate pain.
- D. I can't drive my car as long as I want because of moderate pain.
- E. I can't drive my car as long as I want because of severe pain in my neck.
- F. I can't drive my car at all.

Section 4 –Reading

- A. I can read as much as I want with no pain in my neck.
- B. I can read as much as I want with slight pain in my neck.
- C. I can read as much as I want with moderate pain in my neck.
- D. I can't read as much as I want because of severe pain in my neck.
- E. I can hardly read at all because of severe pain in my neck.
- F. I can not read at all.

Section 9 – Sleeping

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

Section 5- Headaches

- A. I have no headaches at all.
- B. I have slight headaches which come infrequently.
- C. I have moderate headaches which come infrequently.
- D. I have moderate headaches which come frequently.
- E. I have severe headaches which come frequently.
- F. I have headaches almost all the time.

Section 10 – Changing Degree Of Pain

- A. I am able to engage in all recreational activities with no neck pain.
- B. I am able to engage in all my recreational activities, with some pain in my neck.
- C. I am able to engage in most , but not all of my unusual recreational activities because of pain in my neck.
- D. I can hardly do any recreational activities because of pain.
- E. I can hardly do any recreational activities because of pain.
- F. I can't do any recreational activities at all.

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Score: _____

I understand that the information I have provided above is current and complete to the best of my knowledge.

Signature: _____