

Name: _____

Date: _____

Neck Disability Index

Please answer every section and mark in each section only the one box that applies to you.

Section 1 – 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

Section 2 – Personal Care (Washing, Dressing, etc)

- I can look after myself normally without extra pain
- I can look after myself normally but it causes extra pain
- It is painful to look after myself and I am slow and careful
- I need some help but can 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 and stay in bed

Section 3 – Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but with extra pain
- Pain prevents me from lifting heavy weights, but I can manage if they're conveniently placed.
- Pain prevents me from lifting heavy weights but I can manage light to medium weights
- I can only lift very light weights
- I cannot lift or carry any weight

Section 4: Reading

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

Section 5: Headaches

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

Section 6: Concentration

- I can concentrate fully when I want with no difficulty
- I can concentrate fully when I want with slight difficulty
- I have a fair degree of difficulty in concentrating when I want
- I have a lot of difficulty in concentrating when I want
- I have a great deal of difficulty in concentrating when I want
- I cannot concentrate at all

Section 7: Work

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

Section 8: 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 my car at all because of severe pain in my neck
- I can't drive my car at all

Section 9: 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 hr sleepless)
- My sleep is completely disturbed (5-7 hrs sleepless)

Section 10: 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 because of neck pain
- I am able to engage in a few of my recreation activities because of neck pain
- I can hardly do any recreation activities because of neck pain
- I can't do any recreation activities at all

Score: _____ / 50 Transform to percent score x 100 = _____ %

Scoring: For each section the total possible score is 5. If the first statement is marked the section score = 0, if the last statement is marked it = 5. If all ten sections are completed the score is calculated as follows: Example: $\frac{16}{50}$ (total scored)

$$50 \text{ (total possible score)} \times 100 = 32 \%$$

If one section is missed or not applicable the score is calculated:

$$\frac{16}{45} \text{ (total scored)} \times 100 = 35.5 \%$$