

PATIENT NAME: _____ DATE: _____

Description: This survey is meant to help us obtain information from our patients regarding their current levels of discomfort and capability. Please circle the answers below that best apply.

1. Please rate your pain level with activity: NO PAIN = 0 1 2 3 4 5 6 7 8 9 10 = VERY SEVERE PAIN

NECK DISABILITY INDEX SCALE

1. Pain Intensity

- (0) I have 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 worst imaginable at the moment

2. Personal Care (washing, dressing, etc.)

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

3. Lifting

- (0) I can lift heavy weights without increased pain
- (1) I can lift heavy weights, but it causes increased pain
- (2) Pain prevents me from lifting weights off the floor, but I can manage if the weights are conveniently positioned (ie. 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

4. Reading

- (0) I can read as much as I want to with no pain in my neck
- (1) I can read as much as I want to with slight pain in my neck
- (2) I can read as much as I want to with moderate pain in my neck
- (3) I can't 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

5. Headaches

- (0) I have no headaches at all
- (1) I have slight headaches, which come infrequently
- (2) I have moderate headaches, which come infrequently
- (3) I have moderate headaches, which come frequently
- (4) I have severe headaches, which come frequently
- (5) I have headaches almost all the time

6. Concentration

- (0) I can concentrate fully when I want to with no difficulty
- (1) I can concentrate fully 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

7. Work

- (0) I can do as much work as I want to
- (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 cannot do my usual work
- (4) I can hardly do any work at all
- (5) I can't do any work at all

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 can't 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 can't drive my car at all

9. Sleeping

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

10. Employment/Homemaking

- (0) I am able to engage in all my recreation activities with no neck pain at all
- (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 can't do any recreation activities at all

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

*Neck
Index
Score*