

# Neck Pain and Disability Index

Name: \_\_\_\_\_ Chart #: \_\_\_\_\_ Date: \_\_\_\_\_

*This questionnaire has been designed to give the doctor information as to how your neck pain has affected your ability to manage in everyday life. IN each section, please circle only one choice that most closely describes your condition.*

## Section 1: Pain Intensity

- A. No neck pain at the moment
- B. Mild pain at the moment
- C. Moderate pain at the moment
- D. Fairly severe pain at the moment
- E. Very severe pain at the moment
- F. Worst imaginable pain at the moment

## Section 2: Personal Care

- A. Personal care is normal without extra pain
- B. Personal care is normal with extra pain
- C. Personal care painful/slow and careful
- D. Manage most personal care with some help
- E. Need help everyday in most aspects of personal care
- F. Difficulty washing/dressing. Stays mostly in bed

## Section 3: Lifting

- A. Lifts heavy weights with no pain
- B. Lifts heavy weights with pain
- C. Can lift heavy weights from a table
- D. Can lift light weights from a table
- E. Can only lift very light weights
- F. Cannot lift or carry anything

## Section 4: Reading

- A. No pain while reading
- B. Slight pain while reading
- C. Moderate pain while reading
- D. Moderate pain prevents reading
- E. Severe pain prevents reading
- F. Cannot read at all

## Section 5: Headaches

- A. No headaches
- B. Slight infrequent headaches
- C. Moderate infrequent headaches
- D. Moderate frequent headaches
- E. Severe frequent headaches
- F. Constant headaches

## Section 6: Concentration

- A. Can concentrate without difficulty
- B. Can concentrate with slight difficulty
- C. Can concentrate with fair difficulty
- D. Can concentrate with a lot of difficulty
- E. Can concentrate with extreme difficulty
- F. Cannot concentrate at all

## Section 7: Work

- A. Work is unrestricted
- B. Can do usual work, but no more
- C. Can do most usual work, but no more
- D. Cannot do usual work
- E. Can hardly do any work
- F. Cannot do work at all

## Section 8: Driving

- A. Can drive without pain
- B. Driving causes slight neck pain
- C. Driving causes moderate neck pain
- D. Cannot drive long due to moderate pain
- E. Can hardly drive due to severe pain
- F. Pain prevents driving

## Section 9: Sleeping

- A. No difficulties sleeping
- B. Sleeping is mildly disturbed
- C. 1-2 hours loss of sleep per night
- D. 2-3 hours loss of sleep per night
- E. 3-5 hours loss of sleep per night
- F. 5-7 hours loss of sleep per night

## Section 10: Recreation

- A. Recreation is not affected
- B. Some neck pain, but does not affect activity
- C. Some activity is affected by pain
- D. Most activity is affected by pain
- E. Activity severely restricted by pain
- F. Cannot do any activity

**Office Use Only**

Score: \_\_\_\_\_