



**Neck Disability Index**

Patient Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**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 worse than imaginable at the moment.

**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 causes extra pain.
- 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 aspects of self-care.
- 5 I do not get dressed. I wash with difficulty and stay in bed.

**Lifting**

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

**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 light pain in my neck.
- 2 I can read as much as I want to with moderate pain in my neck.
- 3 I cannot read as much as I want to with 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.

**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.



# Austin Brain & Spine

## 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.

## Work

- 0 I can do as much work as I want.
- 1 I can do only 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 work at all.
- 5 I cannot do any work at all.

## Driving

- 0 I can drive without any neck pain.
- 1 I can drive as long as I want with slight neck pain.
- 2 I can drive as long as I want with moderate neck pain.
- 3 I cannot drive as long as I want due to moderate pain.
- 4 I can hardly drive at all because of severe neck pain.
- 5 I cannot drive at all.

## 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).

## Recreation

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

Total: \_\_\_\_\_

Vernon H Mior S. The Neck Disability Index: A study of reliability and validity. J Manipulative Physiol Ther 1991; 14:409-415.