

NECK DISABILITY INDEX

Total Score:

% Impairment:

Visit Date:

| | Points | Score |
|--|--------|--------------------------|
| Section 1 - Pain Intensity | | |
| I have no pain at the moment | 0 | <input type="checkbox"/> |
| The pain is very mild at the moment. | 1 | |
| The pain is moderate at the moment. | 2 | |
| The pain is fairly severe at the moment. | 3 | |
| The pain is very severe at the moment. | 4 | |
| The pain is the worst imaginable at the moment. | 5 | |
| Section 2 - Personal Care | | |
| I can look after myself normally without causing extra pain. | 0 | <input type="checkbox"/> |
| I can look after myself normally but it causes extra pain. | 1 | |
| It is painful to look after myself and I am slow and careful. | 2 | |
| I need some help but manage most of my personal care. | 3 | |
| I need help every day in most aspects of self care. | 4 | |
| I do not get dressed wash with difficulty and stay in bed. | 5 | |
| Section 3 - Lifting | | |
| I can lift heavy weights without extra pain. | 0 | <input type="checkbox"/> |
| I can lift heavy weights but it gives extra pain. | 1 | |
| Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned for example on a table. | 2 | |
| Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. | 3 | |
| I can lift only very light weights. | 4 | |
| I cannot lift or carry anything at all. | 5 | |
| Section 4 - Reading | | |
| I can read as much as I want to with no pain in my neck. | 0 | <input type="checkbox"/> |
| I can read as much as I want to with slight pain in my neck. | 1 | |
| I can read as much as I want with moderate pain in my neck. | 2 | |
| I cannot read as much as I want because of moderate pain in my neck. | 3 | |
| I can hardly read at all because of severe pain in my neck. | 4 | |
| I cannot read at all. | 5 | |
| Section 5 - Headaches | | |
| I have no headaches at all. | 0 | <input type="checkbox"/> |
| I have slight headaches that come infrequently. | 1 | |
| I have moderate headaches which come infrequently. | 2 | |
| I have moderate headaches which come frequently. | 3 | |
| I have severe headaches which come frequently. | 4 | |
| I have headaches almost all the time. | 5 | |
| Section 6 - Concentration | | |
| I can concentrate fully when I want to with no difficulty. | 0 | <input type="checkbox"/> |
| I can concentrate fully when I want to with slight difficulty. | 1 | |
| I have a fair degree of difficulty in concentrating when I want to. | 2 | |
| I have a lot of difficulty in concentrating when I want to. | 3 | |
| I have a great deal of difficulty in concentrating when I want to. | 4 | |
| I cannot concentrate at all. | 5 | |

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Adasiak, Charmaine # 6821

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Section 7 - Work

| | Points | Score |
|--|--------|--------------------------|
| I can do as much work as I want to. | 0 | <input type="checkbox"/> |
| I can do my usual work, but no more. | 1 | |
| I can do most of my usual work, but no more. | 2 | |
| I cannot do my usual work. | 3 | |
| I can hardly do any work at all. | 4 | |
| I cannot do any work at all. | 5 | |

Section 8 - Driving

| | | |
|--|---|--------------------------|
| I can drive my car without any neck pain. | 0 | <input type="checkbox"/> |
| I can drive my car as long as I want with slight pain in my neck. | 1 | |
| I can drive my car as long as I want with moderate pain in my neck. | 2 | |
| I cannot drive my car as long as I want because of moderate pain in my neck. | 3 | |
| I can hardly drive at all because of severe pain in my neck. | 4 | |
| I cannot drive my car at all. | 5 | |

Section 9 - Sleeping

| | | |
|--|---|--------------------------|
| I have no trouble sleeping. | 0 | <input type="checkbox"/> |
| My sleep is slightly disturbed (less than 1 hour sleepless). | 1 | |
| My sleep is mildly disturbed (1-2 hours sleepless). | 2 | |
| My sleep is moderately disturbed (2-3 hours sleepless). | 3 | |
| My sleep is greatly disturbed (3-5 hours sleepless). | 4 | |
| My sleep is completely disturbed (5-7 hours sleepless). | 5 | |

Section 10 - Recreation

| | | |
|---|---|--------------------------|
| I am able to engage in all my recreation activities with no neck pain at all. | 0 | <input type="checkbox"/> |
| I am able to engage in all my recreation activities, with some pain in my neck. | 1 | |
| I am able to engage in most, but not all, of my usual recreation activities because of pain in my neck. | 2 | |
| I am able to engage in a few of my usual recreation activities because of pain in my neck. | 3 | |
| I can hardly do any recreation activities because of pain in my neck. | 4 | |
| I cannot do any recreation activities at all | 5 | |