



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

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

**Neck Disability index:** Please choose the one choice that best describes your **Neck pain** today:

Please rate the severity of your pain by circling a number: **no pain 0 1 2 3 4 5 6 7 8 9 10 Unbearable**

**Pain Intensity**

- A. No 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. Worse imaginable pain at the moment.

**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. Needs help everyday in most aspects of care.
- F. Difficulty dressing and washing/ stays in bed

**Lifting:**

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

**Reading:**

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

**Headaches:**

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

**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.

**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 work.
- F. Cannot do any work.

**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.

**Sleeping:**

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

**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.