



Patient Name: _____ Date: _____

Neck Disability Index

Select one per Question

1. Pain Intensity

<input type="radio"/> I have no pain at the moment	<input type="radio"/> The pain is fairly severe at the moment
<input type="radio"/> The pain is very mild at the moment	<input type="radio"/> The pain is very severe at the moment
<input type="radio"/> The pain is moderate at the moment	<input type="radio"/> The pain is the worst possible at the moment

2. Personal Care (Washing, Dressing, Etc.)

<input type="radio"/> I can look after myself normally without causing any extra pain	<input type="radio"/> I need some help but manage most of my personal care
<input type="radio"/> I can look after myself normally, but it causes me extra pain	<input type="radio"/> I need help every day in most aspects of my care
<input type="radio"/> It is painful to look after myself, and I am slow and careful	<input type="radio"/> I do not get dressed, wash with difficulty, and stay in bed

3. Lifting

<input type="radio"/> I can lift heavy weights without extra pain	<input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
<input type="radio"/> I can lift heavy weights, but it gives extra pain	<input type="radio"/> I can lift only very light weights
<input type="radio"/> Pain prevents me from lifting weights off the floor, but I can manage the weights if conveniently positioned (ex. on a table)	<input type="radio"/> I cannot lift or carry anything at all

4. Reading

<input type="radio"/> I can read as much as I want to with no pain in my neck	<input type="radio"/> I can't read as much as I want to because of moderate pain in my neck
<input type="radio"/> I can read as much as I want to with slight pain in my neck	<input type="radio"/> I can hardly read at all because of severe pain in my neck
<input type="radio"/> I can read as much as I want to with moderate pain in my neck	<input type="radio"/> I cannot read at all

5. Headache

<input type="radio"/> I have no headache at all	<input type="radio"/> I have moderate headaches which come frequently
<input type="radio"/> I have slight headaches which come infrequently	<input type="radio"/> I have severe headaches which come frequently
<input type="radio"/> I have moderate headaches which come infrequently	<input type="radio"/> I have headaches almost all the time



6. Concentration

<input type="radio"/> I can concentrate fully when I want to with no difficulty	<input type="radio"/> I have a lot of difficulty in concentrating when I want to
<input type="radio"/> I can concentrate fully when I want to with slight difficulty	<input type="radio"/> I have a great deal of difficulty in concentrating when I want to
<input type="radio"/> I have a fair degree of difficulty in concentrating when I want to	<input type="radio"/> I cannot concentrate at all

7. Work

<input type="radio"/> I can do as much as I want to	<input type="radio"/> I cannot do my usual work
<input type="radio"/> I can only do my usual work but no more	<input type="radio"/> I can hardly do any work at all
<input type="radio"/> I can do most of my usual work, but no more	<input type="radio"/> I can't do any work at all

8. Driving

<input type="radio"/> I can drive my car without any neck pain	<input type="radio"/> I can't drive my car as long as I want because of moderate pain in my neck
<input type="radio"/> I can drive my car as long as I want with slight pain in my neck	<input type="radio"/> I can hardly drive at all because of severe pain in my neck
<input type="radio"/> I can drive my car as long as I want with moderate pain in my neck	<input type="radio"/> I can't drive my car at all

9. Sleeping

<input type="radio"/> I have no trouble sleeping	<input type="radio"/> My sleep is moderately disturbed (2-3 hour sleep lost)
<input type="radio"/> My sleep is slightly disturbed (less than 1 hour sleep loss)	<input type="radio"/> My sleep is greatly disturbed (3-5 hour sleep lost)
<input type="radio"/> My sleep is mildly disturbed (1-2 hour sleep lost)	<input type="radio"/> My sleep is completely disturbed (5-7 hour lost)

10. Recreation

<input type="radio"/> I am able to engage in all my recreational activities with no neck pain at all	<input type="radio"/> I am able to engage in few of my usual recreational activities because of my neck pain
<input type="radio"/> I am able to engage in all my recreational activities with some neck pain	<input type="radio"/> I can hardly do any recreational activities because of pain in my neck
<input type="radio"/> I am able to engage in most, but not all, of my usual activities because of my neck pain	<input type="radio"/> I can't do any recreational activities at all

For HealthQuest Physical Therapy Use Only:

Index Score: _____%