

Neck Disability Index

Index
Score

Name: _____

Date: _____

Section 1 – 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. Worst imaginable pain at the moment.

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 2 – Personal Care

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

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 any work.

Section 3 – Lifting

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

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 moderate pain.
- F. Pain prevents driving.

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 9 – 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.

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 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.