

## Neck Disability Index (NDI)

*Please choose the best answer to the following questions:*

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

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

### Section 1: 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 the worst imaginable at the moment.

### Section 2: Personal Care

- 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.

### Section 3: Lifting

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

### Section 4: Reading

- 0 I can read as much as I want with no pain in my neck.
- 1 I can read as much as I want to with slight pain in my neck.
- 2 I can read as much as I want with moderate pain.
- 3 I can't read as much as I want because of 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.

### Section 5: Headaches

- 0 I have no headaches at all.
- 1 I have slight headaches which come infrequently.
- 2 I have slight headaches which come frequently.
- 3 I have moderate headaches which come infrequently.
- 4 I have moderate headaches which come frequently.
- 5 I have headaches almost all the time.

### Section 6: 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.
- 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.

### Section 7: Work

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

### Section 8: Driving

- 0 I drive my car without any neck pain.
- 1 I can drive my car as long as I want with slight pain in my neck.
- 2 I can drive my car as long as I want with moderate pain in my neck.
- 3 I can't drive my car as long as I want because of moderate pain in my neck.
- 4 I can hardly drive my car at all because of severe pain in my neck.
- 5 I can't drive my car at all.

### Section 9: Sleeping

- 0 I have no trouble sleeping.
- 1 My sleep is slightly disturbed (less than 1 hr. sleepless).
- 2 My sleep is moderately disturbed (1-2 hrs. sleepless).
- 3 My sleep is moderately disturbed (2-3 hrs. sleepless).
- 4 My sleep is greatly disturbed (3-4 hrs. sleepless).
- 5 My sleep is completely disturbed (5-7 hrs. sleepless).

### Section 10: Recreation

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