NECK PAIN DISABILITY INDEX QUESTIONNAIRE

PLEASE READ: This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by circling the ONE CHOICE that most applies to you. We realize that you may feel that more than one statement may relate to you, but *PLEASE JUST CIRCLE THE ONE*. *CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW*.

A I have no pain at the moment. A I can concentrate fully when I want to with no difficulty. B The pain is very mild at the moment. B can concentrate fully when I want to with slight difficulty. C The pain is fairly severe at the moment. B can concentrate fully when I want to with no difficulty. D the pain is very severe at the moment. D in have a fair digree of difficulty in concentrating when I want to. F the pain is very severe at the moment. D in have a perat deal of difficulty in concentrating when I want to. F I can old after myself normally without causing extra pain. A I can do as much work as I want to. B 1 can old after myself normally without causing extra pain. A I can do as much work as I want to. B 1 can old after myself and I am slow and careful. D I need some thefp, but manage most of my personal care. E 1 do not get dressed, I wash with difficulty and stay in bed. SECTION 3 - Lifting A 1 can fift heavy weights without extra pain. SECTION 3 - Lifting A 1 can drive my car as long as I want with moderate pain in my neck. C 1 can drive my car as long as I want with moderate pain in my neck. C 1 can not with wey light weights if they are conveniently positioned, for example, on a rable. SECTION 9 - Steeping A I can read as much as I want to with no pain in my neck. E 1 cannot drive my car as long as I want with moderate pain in my neck. B 1 can	SECTION 1 Dain Lateration	SECTION (Comparison from the second se	
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SECTION 3 - Lifting SECTION 8 - Driving A I can lift heavy weights without extra pain. A I can lift heavy weights off the floor, but I C Pain prevents me from lifting heavy weights, but I can manage I can drive my car as long as I want with moderate pain in my neck. D Pain prevents me from lifting heavy weights, but I can manage I can drive my car as long as I want with moderate pain in my neck. E I can lift very light weights. I can andrive my car as long as I want with moderate pain in my neck. F I cannot lift or carry anything at all. SECTION 4 - Reading A I can read as much as I want to with no pain in my neck. F I cannot read as much as I want to with moderate pain in my neck. C I can aread as much as I want to with moderate pain in my neck. SECTION 9 - Sleeping. A I can or read as much as I want to with moderate pain in my neck. M I save no trouble sleeping. E I cannot read as much as I want because of severe pain in my neck. My sleep is mildly disturbed (1-2 hours sleepless). C My sleep is mildly disturbed (3-5 hours sleepless). My sleep is completely disturbed (3-5 hours) F I cannot read at all. SECTION 10 - Recreation SECTION 5 - Headaches A I am able to engage in all of my recreational activities with no neck pain in my neck. A I have no headaches at all. B I awa slight headaches which come infrequently.			
 A I can lift heavy weights without extra pain. B I can lift heavy weights, but it gives extra pain. C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table. D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. E I can lift very light weights. F I cannot fift or earry anything at all. SECTION 4 - Reading A I can read as much as I want to with no pain in my neck. C I can nor tread as much as I want to with moderate pain in my neck. C I cannot read as much as I want to with moderate pain in my neck. C I cannot read as much as I want because of moderate pain in my neck. E I cannot read as much as I want because of moderate pain in my neck. E I cannot read as much as I want because of severe pain in my neck. E I cannot read as much as I want because of severe pain in my neck. E I cannot read as much as I want because of severe pain in my neck. E I cannot read at all. SECTION 5 - Headaches A I have no headaches which come infrequently. D I have moderate headaches which come infrequently. D I have moderate headaches which come frequently. D I have moderate headaches which come frequently. F I have headaches almost all the time. A I have headaches almost all the time. A I have no treation all the time. A I have no recational activities because of pain in my neck. C I can ardly do any recreational activities because of pain in my neck. F I cannot do any recreational activities at all. 	1 1 do not get di essedi 1 wasia with difficulty and stay in bed	I I culliot do ulty work at all	
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