

## INSTRUCTIONS:

Please Read: This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage 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 closely describes your problem right now.

<b>NECK DISABILITY INDEX (Mior et al)</b>	
<b>SECTION 1: Pain Intensity</b> A. I have no pain at the moment. (0 pts) B. The pain is mild at the moment. (1 pt) C. The pain comes & goes & is moderate. (2 pts) D. The pain is moderate & does not vary much. (3 pts) E. The pain is severe but comes & goes. (4 pts) F. The pain is severe & does not vary much. (5 pts)	<b>SECTION 6: Concentration</b> A. I can concentrate fully when I want to with no difficulty. (0 pts) B. I can concentrate fully when I want to with slight difficulty. (1 pts) C. I have a fair degree of difficulty in concentrating when I want to. (2 pts) D. I have a lot of difficulty in concentrating when I want to. (3 pts) E. I have a great deal of difficulty in concentrating when I want to. (4 pts) F. I cannot concentrate at all. (5 pts)
<b>SECTION 2: Personal Care (Washing, Dressing etc.)</b> A. I can look after myself without causing extra pain. (0 pts) B. I can look after myself normally but it causes extra pain. (1 pts) C. It is painful to look after myself and I am slow & careful. (2 pts) D. I need some help but manage most of my personal care. (3 pts) E. I need help every day in most aspects of self-care. (4 pts) F. I do not get dressed; I wash with difficulty and stay in bed. (5 pts)	<b>SECTION 7: Work</b> A. I can do as much work as I want to. (0 pts) B. I can only do my usual work but no more. (1 pt) C. I can do most of my usual work but no more. (2 pts) D. I cannot do my usual work. (3 pts) E. I can hardly do any work at all. (4 pts) F. I cannot do any work at all. (5 pts)
<b>SECTION 3: Lifting</b> A. I can lift heavy weights without extra pain. (0 pts) B. I can lift heavy weights, but it causes extra pain. (1 pt) C. Pain prevents me from lifting heavy weights off the floor, but I can if they are conveniently positioned, for example on a table. (2 pts) D. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. (3 pts) E. I can only lift very light weights. (4 pts) F. I cannot lift or carry anything at all. (5 pts)	<b>SECTION 8: Driving</b> A. I can drive my car without neck pain. (0 pts) B. I can drive my car as long as I want with slight pain in my neck. (1 pt) C. I can drive my car as long as I want with moderate pain in my neck. D. I cannot drive my car as long as I want because of moderate pain in my neck. (3 pts) E. I can hardly drive my car at all because of severe pain in my neck. (4p) F. I cannot drive my car at all. (5 pts)
<b>SECTION 4: Reading</b> A. I can read as much as I want to with no pain in my neck. (0 pts) B. I can read as much as I want with slight pain in my neck. (1 pts)	<b>SECTION 9: Sleeping</b> A. I have no trouble sleeping. (0 pts) B. My sleep is slightly disturbed (less than 1 hour sleepless). (1 pt) C. My sleep is mildly disturbed (1-2 hours

<p>C. I can read as much as I want with moderate pain in my neck. (2 pts)</p> <p>D. I cannot read as much as I want because of moderate pain in my neck.</p> <p>E. I cannot read as much as I want because of severe pain in my neck.</p> <p>F. I can not read at all because of neck pain. (5 pts)</p>	<p>sleepless). (2 pts)</p> <p>D. My sleep is moderately disturbed (2-3 hours sleepless). (3 pts)</p> <p>E. My sleep is greatly disturbed (3-5 hours sleepless). (4 pts)</p> <p>F. My sleep is completely disturbed (5-7 hours sleepless). (5 pts)</p>
<p><b>SECTION 5: Headache</b></p> <p>A. I have no headaches at all. (0 pts)</p> <p>B. I have slight headaches that come infrequently. (1 pt)</p> <p>C. I have moderate headaches that come in-frequently. (2 pts)</p> <p>D. I have moderate headaches that come frequently. (3 pts)</p> <p>E. I have severe headaches that come frequently. (4 pts)</p> <p>F. I have headaches almost all the time. (5 pts)</p>	<p><b>SECTION 10: Recreation</b></p> <p>A. I am able to engage in all recreational activities with no pain in my neck at all. (0 pts)</p> <p>B. A am able to engage in all recreational activities with some pain in my neck. (1 pts)</p> <p>C. I am able to engage in most, but not all, recreational activities because of pain in my neck. (2 pts)</p> <p>D. I am able to engage in only a few of my usual recreational activities because of pain in my neck. (3 pts)</p> <p>E. I can hardly do any recreational activiites because of pain in my neck.</p> <p>F. I cannot do any recreational activities at all. (5 pts)</p>

## SCORING:

Simply count up the points and plug the total in below: For each question there is a possible of 5 points: 0 for the first question, 1 for the second question, 2 for the third question etc.