

NECK DISABILITY INDEX

Name: _____

Date: _____

This questionnaire has been designed to give your Physical Therapist information as to how your neck pain has affected your ability to manage in everyday life. Please answer every section and mark only the ONE box which best applies to you at this moment.

SECTION 1 – PAIN INTENSITY

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is fairly severe at the moment
- The pain is very severe at the moment
- The pain is the worse imaginable at the moment

SECTION 2 – PERSONAL CARE (Washing, Dressing, etc)

- I can look after myself normally without causing extra pain
- I can look after myself normally but it causes extra pain
- It is painful to look after myself and I am slow and careful
- I need some help but manage most of my personal care
- I need help every day in most aspects of self care
- I do not get dressed. I wash with difficulty and stay in bed

SECTION 3 – LIFTING

- I can lift heavy weights without extra pain
- I can lift heavy weights but it gives extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- I can lift very light weights
- I cannot lift or carry anything at all because of my neck

SECTION 4 – READING

- I can read as much as I want with no pain in my neck
- I can read as much as I want with slight pain in my neck
- I can read as much as I want with moderate pain in my neck
- I can't read as much as I want because of moderate pain in my neck
- I can hardly read at all because of severe pain in my neck
- I cannot read at all because of my neck

SECTION 5 – HEADACHES

- I have no headaches at all
- I have slight headaches which come infrequently
- I have moderate headaches which come infrequently
- I have moderate headaches which come frequently
- I have severe headaches which come frequently
- I have headaches almost all the time

SECTION 6 – CONCENTRATION

- I can concentrate fully when I want to with no difficulty
- I can concentrate fully when I want to with slight difficulty because of my neck
- I have a fair degree of difficulty concentrating when I want to because of my neck
- I have a lot of difficulty concentrating when I want because of my neck
- I have a great deal of difficulty concentrating when I want to because of my neck
- I cannot concentrate at all because of my neck

SECTION 7 – WORK

- I can do as much work as I want to
- I can only do my usual work, but no more
- I can do most of my usual work, but no more
- I cannot do my usual work because of my neck
- I can hardly do any work at all because of my neck
- I can't do any work at all because of my neck

SECTION 8 – DRIVING

- I can drive my car without any neck pain
- I can drive my car as long as I want with slight pain in my neck
- I can drive my car as long as I want with moderate pain in my neck
- I can't drive my car as long as I want because of moderate pain in my neck
- I can hardly drive at all because of severe pain in my neck
- I can't drive my car at all

SECTION 9 – SLEEPING

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

SECTION 10 – RECREATION

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

Please mark on the line below the pain you have had in the past 24 hours.

no pain at all _____ worst possible pain

SCORE ____/50 ____%

Adapted from Vernon and Minor

The Neck Disability Index: A Study of Reliability and Validity. JMPT

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NECK FUNCTION ASSESSMENT

(Roland/Morris Disability Questionnaire)

Name: _____

Date: _____

Instructions: When your neck hurts, you may find it hard to some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have neck pain. Some sentences may describe you today. When you read a sentence that describes you today, please mark it. If it does not describe you today, leave the space beside it blank. Check only sentences that describe you today.

1. ____ I stay home most of the time because of my neck
2. ____ I change position frequently to try and get my neck more comfortable
3. ____ I walk more slowly than usual because of my neck
4. ____ Because of my neck I am not doing any of the jobs that I usually do around the house
5. ____ Because of my neck I use the handrail to go upstairs
6. ____ Because of my neck I lie down and rest more often
7. ____ Because of my neck I have to hold on to something to get out of an easy chair
8. ____ I get dressed more slowly than usual because of my neck
9. ____ Because of my neck I try to get other people to do things for me
10. ____ I only stand for short periods because of my neck
11. ____ I find it difficult to get out of a chair because of my neck
12. ____ Because of my neck I try not to bend down
13. ____ My neck is painful almost all of the time
14. ____ I find it difficult to turn over in bed because of my neck
15. ____ My appetite is not good because of my neck
16. ____ I have trouble putting my shoes and socks (stockings) on because of my neck
17. ____ I walk only short distances because of my neck
18. ____ I sleep less well because of my neck
19. ____ Because of my neck pain I get dressed with help from someone else
20. ____ I sit down for most of the day because of my neck
21. ____ I avoid heavy jobs around the house because of my neck
22. ____ Because of my neck pain I am more irritable and bad tempered with people than usual
23. ____ Because of my neck I go upstairs more slowly than usual
24. ____ I stay in bed most of the time because of my neck