** NECK DISABILITY INDEX-INITIAL VISIT**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Description**: This survey is meant to help us obtain information from our patients regarding their current levels of discomfort and capability. **Please circle the answers below that best apply.**

**1. Please rate your pain level with activity:** NO PAIN = 0 1 2 3 4 5 6 7 8 9 10 = VERY SEVERE PAIN

## 1. Pain Intensity 6. Reading

* 1. I have no pain at the moment. (0) I can read as much as I want with no pain in my neck.
  2. The pain is very mild at the moment. (1) I can read as much as I want with slight neck pain.
  3. The pain is moderate at the moment. (2) I can read as much as I want with moderate neck pain.
  4. The pain is fairly severe at the moment. (3) I can’t read as much as I want because of moderate
  5. The pain is very severe at the moment. neck pain.
  6. The pain is the worse imaginable at the moment. (4) I can hardly read at all because of severe neck pain.

(5) I cannot read at all because of neck pain.

## Personal Care (washing, dressing, etc)

1. I can look after myself normally without extra pain. **7. Work**
2. I can look after myself normally but it causes extra pain. (0) I can do as much as I want to.
3. It is painful to look after myself and I am slow and careful. (1) I can only do my usual work but no more.
4. I need some help but manage most of my personal care. (2) I can do most of my usual work but no more.
5. I need help every day in most aspects of self care. (3) I cannot do my usual work.
6. I cannot get dressed, wash with difficulty and stay in bed (4) I can hardly do any usual work at all.

(5) I can’t do any work at all.

## 3. Lifting

1. I can lift heavy weights without extra pain. **8. Sleeping**
2. I can lift heavy weights but it gives me extra pain. (0) Pain does not prevent me from sleeping well.
3. Pain prevents me from lifting heavy weights off the floor (1) My sleep is slightly disturbed (<1 hr sleep loss). but I can manage if they are on a table. (2) My sleep is mildly disturbed (1-2 hr sleep loss).
4. Pain prevents me from lifting heavy weights but I can (3) My sleep is moderately disturbed (2-3 hr sleep loss). manage if they are conveniently placed. (4) My sleep is greatly disturbed (3-4 hr sleep loss).
5. I can lift only very light weights. (5) My sleep is completely disturbed (5-7 hr sleep loss).
6. I cannot lift or carry anything at all.

## 9. Concentration

**4. Headache** (0) I can concentrate fully when I want with no difficulty.

1. I have no headaches at all. (1) I can concentrate fully when I want with slight difficulty.
2. I have slight headaches which come infrequently. (2) I have a fair degree of difficulty concentrating
3. I have moderate headaches which come infrequently. when I want.
4. I have moderate headaches which come frequently. (3) I have a lot of difficulty concentrating when I want.
5. I have severe headaches which come infrequently. (4) I have great difficulty concentrating when I want.
6. I have headaches almost all the time. (5) I cannot concentrate at all.

## 5. Recreation 10. Driving

1. I am able engage in all my recreational activities without pain. (0) I can drive my car without neck pain.
2. I am able to engage in my recreational activities with some pain. (1) I can drive my car as long as I want with slight neck pain.
3. I am able to engage in most but not all of my usual (2) I can drive my car as long as I want with moderate recreational activities because of my neck pain. neck pain.
4. I am able to engage in a few of my usual recreational (3) I can’t drive my car as long as I want because of activities with some neck pain. moderate pain.
5. I can hardly do any recreational activities because of neck pain. (4) I can hardly drive my car at all because of severe neck
6. I can’t do any recreational activities at all. pain.

(5) I can’t drive my car at all.

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| **Therapist Use Only** | | | | |
| Comorbidities: | * Cancer | * Neurological Disorders (e.g., Parkinson's, Muscular Dystrophy, Huntington's, CVA, Alzheimer’s, TBI) | | |
|  | * Diabetes * Heart Condition * High Blood Pressure * Multiple Treatment Areas | * Obesity * Surgery for this Problem * Systemic Disorders (e.g., Lupus, Rheumatoid Arthritis, Fibromyalgia) | ICD Code: | |