

## NECK DISABILITY INDEX QUESTIONNAIRE

Today's date: \_\_\_\_\_

Date of birth: \_\_\_\_\_

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

For Office Use: Date of Surgery: \_\_\_\_\_

 Pre-operative   
 3 month follow up   
 6 month follow up   
 1 year follow up   
 Annual

**INSTRUCTIONS:** This questionnaire has been designed to give information as to how your neck pain is affecting your ability to manage in everyday life. Please answer by placing a check mark in each section for the statement which best applies to you. **We realize you may consider that two or more statements in any one section apply but please just check the box that indicates the statement which most clearly describes your problem.**

### 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 worst imaginable at the moment

### 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

### 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 off the floor, 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

### 4. Reading

- I can read as much as I want to with no pain in my neck
- I can read as much as I want to 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

Please continue to page 2 for remaining questions – thank you

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### 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 of the time

### 6. Concentration

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

### 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 can not do my usual work
- I can hardly do any work at all
- I cannot do any work at all

### 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 because of moderate neck pain
- I can't drive my car as long as I want because of moderate neck pain
- I can hardly drive at all because of severe pain in my neck
- I can't drive my car at all

### 9. Sleeping

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

### 10. Recreation

- I am able to engage in all my recreation activities with no neck pain
- I am able to engage in all my recreation activities, with some pain
- 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