## NECK DISABILITY INDEX

### Section 1: To be completed by patient

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<th>AD</th>
<th>Non-Active Duty</th>
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Name: ____________________________  Age: _______  Date: ____________________  
Occupation: ______________________  Number of days of neck pain: ___________ (this episode)

### Section 2: To be completed by patient

This questionnaire has been designed to give your therapist information as to how your neck pain has affected your ability to manage in everyday life. Please answer every question by placing a mark on the line that best describes your condition today. We realize you may feel that two of the statements may describe your condition, but **please mark only the line which most closely describes your current condition**.

#### 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.

#### Personal Care (Washing, Dressing, etc.)
- _____ I do not have to change the way I wash and dress myself to avoid pain.
- _____ I do not normally change the way I wash or dress myself even though it causes some pain.
- _____ Washing and dressing increases my pain, but I can do it without changing my way of doing it.
- _____ Washing and dressing increases my pain, and I find it necessary to change the way I do it.
- _____ Because of my pain I am partially unable to wash and dress without help.
- _____ Because of my pain I am completely unable to wash or dress without help.

#### Lifting
- _____ I can lift heavy weights without increased pain.
- _____ I can lift heavy weights but it causes increased pain.
- _____ Pain prevents me from lifting heavy weights off of the floor, but I can manage if they are conveniently positioned (ex. on a table, etc.).
- _____ Pain prevents me from lifting heavy weights off of the floor, but I can manage light to medium weights if they are conveniently positioned.
- _____ I can lift only very light weights.
- _____ I cannot lift or carry anything at all.

#### 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.

#### Headache
- _____ I have no headache 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.

(Don’t forget to fill out the back side)
Section 2 (con’t): To be completed by patient

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.

Work

_____ I can do as much 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.
_____ I can hardly do any work at all.
_____ I can’t do any work at all.

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.

Sleeping

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

Recreation

_____ I am able to engage in all my recreational activities with no neck pain at all.
_____ I am able to engage in all my recreational activities with some pain in my neck.
_____ I am able to engage in most but not all of my usual recreational activities because of pain in my neck.
_____ I am able to engage in a few of my usual recreational activities because of pain in my neck.
_____ I can hardly do any recreational activities because of pain in my neck.
_____ I can’t do any recreational activities at all.

Section 3: To be completed by physical therapist/provider

SCORE:_______ out of 50  (SEM 5, MDC 7)     Initial     F/U ___ weeks     Discharge
Number of treatment sessions:______________________ Gender: Male Female
Diagnosis/ICD-9 Code:_____________________________

NDI SCORING

The NDI is a modification of the Oswestry Low Back Pain Disability Index. The NDI can be scored as raw score (Vernon, 1991) or doubled, and expressed as a percent (Riddle, 1998). Each section is scored on a 0-5 scale, with the first statement being “0” (ie. No pain) and the last statement being “5” (ie. Worst imaginable pain). A higher score indicates more patient-rated disability. There is no statement in the original literature on how to handle missing data. To use the NDI for patient decisions, a clinically important change was calculated as 5 points, with a sensitivity of 0.78 and a specificity of 0.80 (Stratford, 1999).

