

Neck Disability Index (NDI)

PATIENT NAME _____ DATE OF BIRTH: _____

This questionnaire is designed to help us better understand how your **NECK PAIN** affects your ability to manage everyday life activities. In each section, please mark **ONE BOX** that applies to you. You may consider that two of the statements relate to you, however, please mark only the box that **MOST CLOSELY** describes your present-day situation.

SECTION 1 – Pain intensity

- I have **NO** neck 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

SECTION 2 – Personal Care

- I can look after myself normally without causing extra neck pain
- I can look after myself normally, but it causes *extra* neck pain
- It is *painful* to look after myself, & I am slow & 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* & stay in bed

SECTION 3 – Lifting

- I can lift heavy weights without causing *extra* neck pain
- I can lift heavy weights, but it gives me **EXTRA** neck pain
- Neck pain *prevents* me from lifting **HEAVY** weights off the floor, but I can manage if items are **CONVENIENTLY** positioned, ie: on a table
- Neck pain *prevents* me from lifting **HEAVY** weights, but I can manage **LIGHT** weights if they are **CONVENIENTLY** positioned
- I can lift only *very* **LIGHT** weights
- I **CANNOT** lift or carry **ANYTHING** at all

SECTION 4 – Reading

- I can read as much as I want with **NO** neck pain
- I can read as much as I want with **SLIGHT** neck pain
- I can read as much as I want with **MODERATE** neck pain
- I *can't* read as much as I want because of **MODERATE** neck pain
- I *can't* read as much as I want because of **SEVERE** neck pain
- I **CAN'T** read at all



Be sure to scroll to the 2nd page

SECTION 5 – Headaches

- I have NO headaches at all
- I have SLIGHT headaches that come *infrequently*
- I have MODERATE headaches that come *infrequently*
- I have MODERATE headaches that come *frequently*
- I have SEVERE headaches that come *frequently*
- I have headaches *almost* ALL the time

SECTION 6 – Concentration

- I can concentrate FULLY without difficulty
- I can concentrate fully with SLIGHT difficulty
- I have a FAIR degree of difficulty concentrating
- I have a LOT of difficulty concentrating
- I have a GREAT deal of difficulty concentrating
- I CAN'T concentrate at all

SECTION 7 – Work

- I can do as *much* work as I want
- I can only do my *usual* work, but not more
- I can do *most* of my usual work, but not more
- I CAN'T do my usual work
- I can *hardly* do ANY work at all
- I CAN'T do ANY work at all

SECTION 8 – Driving

- I can drive my car *without* neck pain
- I can drive my car with only SLIGHT neck pain
- I can drive as long as I want with MODERATE neck pain
- I *can't* drive as long as I want because of MODERATE neck pain
- I can *hardly* drive at all because SEVERE neck pain
- I CAN'T drive my care at all because of neck pain

SECTION 9 – Sleeping

- I have NO trouble sleeping
- My sleep is SLIGHTLY disturbed for *less than* 1 hour
- My sleep is MILDLY disturbed for up to 1-2 hours
- My sleep is MODERATELY disturbed for up to 2-3 hours
- My sleep is GREATLY disturbed for up to 3-5 hours
- My sleep is COMPLETELY disturbed for up to 5-7 hours

SECTION 10 – Recreation

- I can engage in ALL my recreational activities with NO neck pain at all
- I can engage in ALL my recreational activities with SOME neck pain
- I can engage ins MOST, but not all my recreational activities because of pain in my neck
- I can engage in a FEW of my recreational activities because of my neck pain
- I can HARDLY do recreational activities due to neck pain
- I CAN'T do ANY recreational activities due to neck pain