



**Rice Lake  
Physical Therapy  
& Rehab Specialists**

Rice Lake • Turtle Lake • Clear Lake • Spooner

Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

## **NECK DISABILITY INDEX**

### **SECTION 1: Pain Intensity**

- I have no pain at the moment.
- The pain is mild at the moment.
- The pain comes & goes & is moderate.
- The pain is moderate & does not vary much.
- The pain is severe but comes & goes.
- The pain is severe & does not vary much.

### **SECTION 2: Personal Care (Washing, Dressing etc.)**

- I can look after myself 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 & 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 causes extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can 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 only lift very light weights.
- I cannot lift or carry anything at all.

### **SECTION 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 with slight pain in my neck.
- I can read as much as I want with moderate pain in my neck.
- I cannot read as much as I want because of moderate pain in my neck.
- I cannot read as much as I want because of severe pain in my neck.
- I can not read at all because of neck pain.

**SECTION 5: Headache**

- I have no headaches at all.
- I have slight headaches that come infrequently.
- I have moderate headaches that come in-frequently.
- 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 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.

**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.
- I can hardly do any work at all.
- I cannot do any work at all.

**SECTION 8: Driving**

- I can drive my car without 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 cannot drive my car as long as I want because of moderate pain in my neck
- I can hardly drive my car at all because of severe pain in my neck.
- I cannot 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 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).

**SECTION 10: Recreation**

- I am able to engage in all recreational activities with no pain in my neck at all.
- I am able to engage in all recreational activities with some pain in my neck.
- I am able to engage in most, but not all, recreational activities because of pain in my neck.
- I am able to engage in only 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 cannot do any recreational activities at all.