

NECK DISABILITY INDEX

Patient Name: _____ **Date:** _____

Instructions: This assessment has been designed to give us information as to how your neck pain has affected your ability to manage everyday life. Please answer every section and mark in each section only ONE box which applies to you at this time. We realize you may consider more than one of the statements in any section may relate to you; however, please mark the box which most closely describes your current condition.

1. PAIN INTENSITY

- I have no pain at the moment. (0)
- The pain is very mild at the moment. (1)
- The pain is moderate at the moment. (2)
- The pain is fairly severe at the moment. (3)
- The pain is very severe at the moments. (4)
- The pain is the worst imaginable at the moment. (5)

2. PERSONAL CARE (washing, dressing, etc.)

- I can look after myself normally without causing extra pain. (0)
- I can look after myself normally but it causes extra pain. (1)
- It is painful to look after myself and I am slow and careful. (2)
- I need some help but manage most of my personal care. (3)
- I need help every day in most aspects of self care. (4)
- I don't get dressed; I wash with difficulty and stay in bed. (5)

3. LIFTING

- I can lift heavy weights without extra pain. (0)
- I can lift heavy weights but it gives extra pain. (1)
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, i.e. on a table. (2)
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. (3)
- I can lift very light weights. (4)
- I cannot lift or carry anything at all. (5)

4. SLEEPING

- My sleep is never disturbed by pain. (0)
- My sleep is occasionally disturbed by pain. (1)
- Because of pain I have less than 6 hours sleep. (2)
- Because of pain I have less than 4 hours sleep. (3)
- Because of pain I have less than 2 hours sleep. (4)
- Pain prevents me from sleeping at all. (5)

5. HEADACHES

- I have no headaches at all. (0)
- I have slight headaches that come infrequently. (1)
- I have moderate headaches that come infrequently. (2)
- I have moderate headaches which come frequently. (3)
- I have severe headaches which come frequently. (4)
- I have headaches almost all the time. (5)

Provider

Signature: _____

NDI Score: _____

6. WORK

- I can do as much work as I want to. (0)
- I can do my usual work but no more. (1)
- I can do most of my usual work but no more. (2)
- I cannot do my usual work. (3)
- I can hardly do any work at all. (4)
- I cannot do any work at all. (5)

7. CONCENTRATION

- I can concentrate fully when I want to with no difficulty. (0)
- I can concentrate fully when I want to with slight difficulty. (1)
- I have a fair degree of difficulty in concentrating when I want to. (2)
- I have a lot of difficulty in concentrating when I want to. (3)
- I have a great deal of difficulty in concentrating when I want to. (4)
- I cannot concentrate at all. (5)

8. RECREATION

- I am able to engage in all my recreation activities with no neck pain at all. (0)
- I am able to engage in all my recreation activities with some pain in my neck. (1)
- I am able to engage in most, but not all, of my usual recreation activities due to pain in my neck. (2)
- I am able to engage in a few of my usual recreation activities due to pain in my neck. (3)
- I can hardly do any recreation activities due to pain in my neck. (4)
- I cannot do any recreation activities at all. (5)

9. DRIVING

- I can drive my car without any neck pain. (0)
- I can drive my car as long as I want with slight pain in my neck. (1)
- I can drive my car as long as I want with moderate pain in my neck. (2)
- I cannot drive my car as long as I want because of moderate pain in my neck. (3)
- I can hardly drive at all due to pain in my neck. (4)
- I cannot drive my car at all due to pain in my neck. (5)

10. READING

- I can read as much as I want with no neck pain. (0)
- I can read as much as I want with slight neck pain. (1)
- I can read as much as I want with moderate neck pain. (2)
- I cannot read as much as I want due to moderate neck pain. (3)
- I can hardly read at all due to severe pain in my neck. (4)
- I cannot read at all due to neck pain. (5)