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## NECK DISABILITY INDEX

### Question 1: Pain Intensity

- I have no pain at the moment. (0 pts)
- The pain is mild at the moment. (1 pt)
- The pain comes/goes and is moderate (2 pts)
- The pain is moderate and does not vary (3 pts)
- The pain comes/goes and is severe (4 pts)
- The pain is severe and does not vary (5 pts)

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

- I can look after myself without causing extra pain. (0 pts)
- I can look after myself normally but it causes extra pain. (1 pt)
- Washing/dressing increase pain but I can still do it normally. (2 pts)
- Washing/dressing increase pain and I have to do it differently. (3 pts)
- Because of pain I need help to do some washing/dressing. (4 pts)
- Because of pain I am unable to do any washing/dressing without help (5 pts)

### Question 3: Lifting

- I can lift heavy weights without pain. (0 pts)
- I can lift heavy weights with extra pain. (1 pt)
- Pain prevents me from lifting heavy weights. (2 pts)
- Pain prevents me from lifting heavy weights unless on a table. (3 pts)
- Pain prevents me from heavy lifting but I can lift light/medium weight. (4 pts)
- I can only lift very light weight at the most. (5 pts)

### Question 4: Reading

- I can read as much as I want with no pain. (0 pts)
- I can read as much as I want with slight pain. (1 pt)
- I can read as much as I want with moderate pain. (2 pts)
- I cannot read as much because of moderate pain. (3 pts)
- I cannot read as much because of severe pain. (4 pts)
- I cannot read at all because of the pain. (5 pts)

### Question 5: Headache

- I have no headaches at all. (0 pts)
- I have slight & infrequent headaches. (1 pt)

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- I have moderate & infrequent headaches. (2 pts)
- I have moderate frequent headaches. (3 pts)
- I have severe frequent headaches. (4 pts)
- I have headaches almost all the time. (5 pts)

Question 6: Concentration

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

Question 7: Work

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

Question 8: Driving

- I can drive my car without neck pain. (0 pts)
- I can drive my car with slight neck pain. (1 pt)
- I can drive my car with moderate neck pain. (2 pts)
- I cannot drive my car without moderate neck pain. (3 pts)
- I can hardly drive my car because of severe neck pain. (4 pts)
- I cannot drive my car at all. (5 pts)

Question 9: Sleeping

- I have no trouble sleeping. (0 pts)
- My sleep is slightly disturbed (less than 1 hr sleepless). (1 pt)
- My sleep is mildly disturbed (1-2 hrs sleepless). (2 pts)
- My sleep is moderately disturbed (2-3 hrs sleepless). (3 pts)
- My sleep is greatly disturbed (3-5 hrs sleepless). (4 pts)
- My sleep is completely disturbed (5-7 hrs sleepless). (5 pts)

Question 10: Recreation

- I am able to engage in all recreational activities with no neck pain. (0 pts)
- I am able to engage in all recreational activities with some neck pain. (1 pt)
- I am able to engage in most, but not all recreational activities without pain. (2 pts)
- I am able to engage in only a few recreational activities because of pain. (3 pts)
- I can hardly do any recreational activities because of neck pain. (4 pts)
- I cannot do any recreational activities at all. (5 pts)

**Total NDI Score:** \_\_\_\_\_

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