

Neck Disability Index

Please Read: This questionnaire is designed to show how much your neck pain has affected your everyday activities. Please mark the ONE answer that most accurately describes your problem. Please answer based upon the past two weeks **without pain medication.**

SECTION 1— Pain Intensity

0. I have no pain at the moment.
1. The pain is mild at the moment.
2. The pain is moderate and comes and goes.
3. The pain is moderate and does not vary much.
4. The pain is severe but comes and goes.
5. The pain is severe and does not vary much.

SECTION 2 – Personal Care (Washing, Dressing etc.)

0. I can look after myself without extra neck pain.
1. I can look after myself but it causes extra pain.
2. It is painful to look after myself and I am slow and careful.
3. I need some help, but manage most of my personal care.
4. I need help every day in most aspect of self-care.
5. I do not get dressed, wash with difficulty, and stay in bed.

SECTION 3 – Lifting

0. I can lift heavy weights without extra pain.
1. I can lift heavy weights, but it causes extra neck pain.
2. Pain prevents me from lifting heavy weights off the floor but I can if they are conveniently placed for example, on a table.
3. Pain prevents me from lifting heavy weights but I can lift light to medium weights if they are conveniently placed.
4. I can lift very light weights.
5. I cannot lift or carry anything at all due to neck pain.

SECTION 4 – Work

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

SECTION 5 – Headache

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

SECTION 6 – Concentration.

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

SECTION 7 – Sleeping

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

SECTION 8 – Driving

0. I can drive my car without neck pain.
1. I can drive my car as long as I want with slight neck pain.
2. I can drive my car as long as I want with moderate neck pain.
3. I cannot drive my car as long as I want because of moderate neck pain.
4. I can hardly drive my car at all because of severe neck pain.
5. I cannot drive my car at all.

SECTION 9- Reading

0. I can read as much as I want with no neck pain.
1. I can read as much as I want with slight neck pain.
2. I can read as much as I want with moderate neck pain.
3. I can't read as much as I want because of moderate neck pain.
4. I can't read as much as I want because of severe neck pain.
5. I can't read at all due to neck pain.

SECTION 10 – Recreation

0. I can engage in all recreational activities with no pain.
1. I can engage in all recreational activities with slight pain.
2. I can engage in most, but not all, recreational activities because of pain.
3. I am unable to engage in a few of my usual recreational activities because of pain.
4. I can hardly do any recreational activities because of neck pain.
5. I cannot do any recreational activities due to neck pain.

Total Score x 2 = % Disability

Name:

Date:

SCORING FOR NECK DISABILITY INDEX QUESTIONNAIRE

1. Each of the 10 sections is scored separately (0 to 5 points each) and then added up (max. total = 50).
2. If all 10 sections are completed, simply double the patient's score.
3. If a section is omitted, divide the patient's total score by the number of sections completed times 5.

Formula: Patient's Score

$$\frac{\text{Patient's Score}}{\text{No. of sections completed} \times 5} \times 100 = \% \text{ DISABILITY}$$

Example:

If 9 of 10 sections are completed, divide the patient's score by $9 \times 5 = 45$.

Patient's Score 22

Number of sections completed: 9 ($9 \times 5 = 45$)

$22/45 \times 100 = 48\% \text{ disability}$

4. Interpretation of disability scores (from original article):

SCORE INTERPRETATION OF THE OSWESTRY LBP DISABILITY QUESTIONNAIRE	
0-20% Minimal disability	Can cope with most ADLs. Advice on lifting, sitting, posture, physical fitness, and diet.
20-40% Moderate disability	This group experiences more pain and problems with sitting, lifting, and standing. Travel and social life are more difficult and they may well be off work. Personal care, and sleeping are not grossly affected, and the back condition can usually be managed by conservative means.
40-60% Severe disability	Pain remains the main problem, but travel, personal care, social life, work, and sleep are also affected. These patients require detailed investigation.
60-80% Crippled	Back pain impinges on all aspects of these patients' lives both at home and at work. Positive intervention is required.
80-100%	These patients may bed-bound. This can be evaluated by careful observation of the patient during the medical examination.
<i>Data compiled from Fairbanks et al, 1980.</i>	

MDC		Author(s)	MCID		Author(s)
Mechanical Neck Pain	19.6%	Cleland et al, 2008	Mechanical Neck Pain	15%-19%	Young et al, 2009 Cleland et al, 2008
Cervical Radiculopathy	20.4%	Cleland et al, 2006	Cervical Radiculopathy	14%-17%	Young et al, 2010 Cleland et al, 2006
Non-specific neck pain	16.8%-21%	Poole et al, 2007 Jorristma et al, 2012	Non-specific neck pain	7%	Jorristma et al, 2012