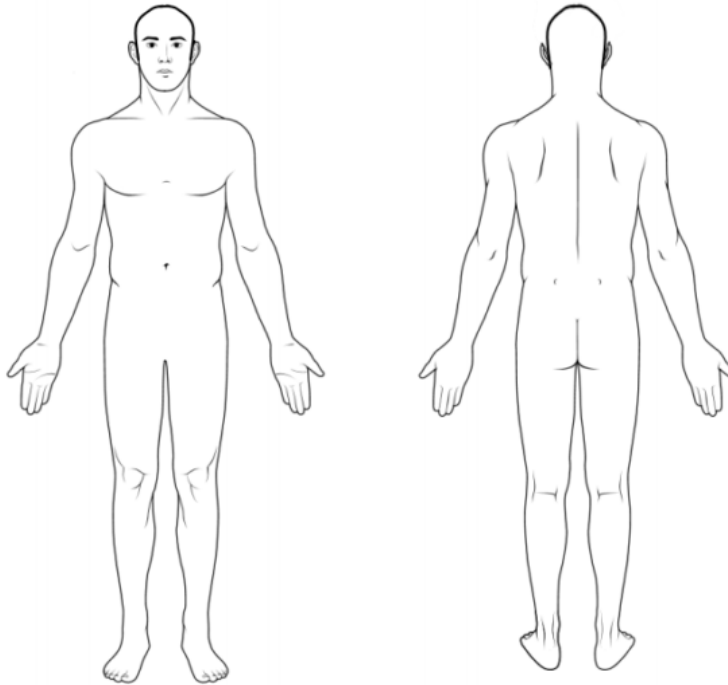


Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### PART 1

Please mark a “**X**” on the body part(s) where you have **Pain**

Please mark an “**O**” on the body part(s) where you have **Numbness**



### PART 2 \*PLEASE CHECK THE NUMBERS TO INDICATE YOUR TYPICAL PAIN LEVEL

#### NECK

0    1    2    3    4    5    6    7    8    9    10  
 No Pain Worst Pain

#### BACK

0    1    2    3    4    5    6    7    8    9    10  
 No Pain Worst Pain

#### RIGHT ARM

0    1    2    3    4    5    6    7    8    9    10  
 No Pain Worst Pain

#### RIGHT LEG

0    1    2    3    4    5    6    7    8    9    10  
 No Pain Worst Pain

#### LEFT ARM

0    1    2    3    4    5    6    7    8    9    10  
 No Pain Worst Pain

#### LEFT LEG

0    1    2    3    4    5    6    7    8    9    10  
 No Pain Worst Pain

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Please read:** This questionnaire is designed to enable us to better understand how much your neck pain has affected your ability to manage everyday activities. Please answer each section by circle **ONLY ONE CHOICE** that most applies to you. I realize that one statement may/may not exactly relate to you but circle the one choice that most closely describes your *pain at this time*.

## SECTION 1 PAIN INTENSITY

- (0)  I have no pain at this moment.
- (1)  The pain is mild at the moment.
- (2)  The pain comes and goes and is moderate.
- (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 HEADACHE

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

## SECTION 3 READING

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

## SECTION 4 CONCENTRATION

- (0)  I can concentrate fully when I want to without difficulty.
- (1)  I can concentrate fully when I want to with slight difficulty.
- (2)  I have a fair degree of difficulty in concentrating when I want to.
- (3)  I have a lot of difficulty in concentrating when I want to.
- (4)  I have a great deal of difficulty in concentrating when I want to. I
- (5)  I cannot concentrate at all.

## SECTION 5 SLEEPING

- (0)  I have no trouble sleeping at night.
- (1)  My sleep is slightly disturbed (less than 1 hour without sleep).
- (2)  My sleep is mildly disturbed (1 to 2 hours without sleep).
- (3)  My sleep is moderately disturbed (2 to 3 hours without sleep).
- (4)  My sleep is greatly disturbed (3 to 5 hours without sleep).
- (5)  My sleep is completely disturbed (5 to 7 hours without sleep).

**SECTION 6 PERSONAL CARE ( Dressing, Washing, etc.)**

- (0) [ ] I can look after myself without causing extra pain.
- (1) [ ] I can look after myself normally 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 can manage most of my personal care.
- (4) [ ] I need help every day in most aspects of my self-care.
- (5) [ ] I do not get dressed, I wash with difficulty and stay in bed.

**SECTION 7 LIFTING**

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

**SECTION 8 WORK**

- (0) [ ] I can do as much work as I want to.
- (1) [ ] I can only 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 any work at all.
- (5) [ ] I cannot do any work at all.

**SECTION 9 DRIVING**

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

**SECTION 10 RECREATION**

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

**CERVICAL INDEX SCORE \_\_\_\_\_ / 50 Transform to percentage score x 100 = \_\_\_\_\_ % points**

*Scoring: For each section the total possible score is 5: if the first statement is marked the section score = 0, if the last statement is marked it = 5.*

*-If all ten sections are completed the score is calculated as follows: Example: 16 (total scored) 50 (total possible score) x 100 = 32%*

*-If one section is missed or not applicable the score is calculated: 16 (total scored) 45 (total possible score) x 100 = 35.5%*

*Minimum Detectable Change (90% confidence): 5 points or 10 %points*

*\*\*NDI developed by: Vernon, H. & Mior, S. (1991). The Neck Disability Index: A study of reliability and validity. Journal of Manipulative and Physiological Therapeutics. 14, 409-415.*