NECK DISABILITY INDEX

This questionnaire has been designed to give the doctor/physical therapist information as to how your neck has affected your ability to manage in everyday life. Please answer EVERY section and mark in each section ONLY THE ONE box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but please just mark the box which most closely describes your problem.

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 ☐ I can read as much as I want with moderate pain in my neck. ☐ I can't read as much as I want because of moderate pain in my neck. ☐ I can hardly read at all because of severe pain in my neck. ☐ I cannot read at all. ☐ I cannot read at all. ☐ I am able to engage in all recreation activities with no neck pain at all. ☐ I am able to engage in most, but not all usual recreation activities because of neck pain. ☐ I am able to engage in few of my usual recreation activities because of neck pain. ☐ I am able to engage in few of my usual recreation activities because of neck pain. ☐ I am able to engage in few of my usual recreation activities because of neck pain. ☐ I can hardly do any recreation activities because of neck pain. ☐ I can hardly do any recreation activities at all ☐ I can't do any recreation activities at all 					
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□ I can't read as much as I want because of moderate pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I am able to engage in all recreation activities with no neck pain at all. □ I cannot read at all. □ I am able to engage in most, but not all usual recreation activities because of neck pain. □ I have no headaches at all. □ I am able to engage in few of my usual recreation activities because of neck pain. □ I have slight headaches which come infrequently. □ I am able to engage in few of my usual recreation activities because of neck pain. □ I have moderate headaches which come infrequently. □ I can hardly do any recreation activities because of neck pain. □ I have moderate headaches which come frequently. □ I can't do any recreation activities at all		I can read as much as I want with moderate pain in my		My sleep is completely disturbed (5-7 hrs sleeplessness)	
□ I can't read as much as I want because of moderate pain in my neck. □ I am able to engage in all recreation activities with no neck pain at all. □ I can hardly read at all because of severe pain in my neck. □ I am able to engage in all recreation activities with some neck pain. □ I cannot read at all. □ I am able to engage in most, but not all usual recreation activities because of neck pain. □ I have no headaches at all. □ I am able to engage in few of my usual recreation activities because of neck pain. □ I have moderate headaches which come infrequently. □ I can hardly do any recreation activities because of neck pain. □ I have moderate headaches which come frequently. □ I can hardly do any recreation activities at all □ I have severe headaches which come frequently. □ I can't do any recreation activities at all		neck.	Sec	ction 10 – Recreation	
pain in my neck. ☐ I can hardly read at all because of severe pain in my neck. ☐ I cannot read at all. ☐ I cannot read at all. ☐ I am able to engage in all recreation activities with some neck pain. ☐ I am able to engage in most, but not all usual recreation activities because of neck pain. ☐ I have no headaches at all. ☐ I have slight headaches which come infrequently. ☐ I have moderate headaches which come infrequently. ☐ I have moderate headaches which come frequently. ☐ I have severe headaches which come frequently. ☐ I have severe headaches which come frequently. ☐ I can't do any recreation activities at all		I can't read as much as I want because of moderate			
□ I can hardly read at all because of severe pain in my neck. □ I am able to engage in all recreation activities with some neck pain. □ I cannot read at all. □ I am able to engage in most, but not all usual recreation activities because of neck pain. □ I have no headaches at all. □ I am able to engage in few of my usual recreation activities because of neck pain. □ I have moderate headaches which come infrequently. □ I can hardly do any recreation activities because of neck pain. □ I have moderate headaches which come frequently. □ I can hardly do any recreation activities because of neck pain. □ I have severe headaches which come frequently. □ I can't do any recreation activities at all		pain in my neck.			
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Section 5 – Headaches ☐ I have no headaches which come infrequently. ☐ I have moderate headaches which come frequently. ☐ I have moderate headaches which come frequently. ☐ I have severe headaches which come frequently. ☐ I have severe headaches which come frequently. ☐ I have severe headaches which come frequently. ☐ I can't do any recreation activities at all		neck.	_		
Section 5 – Headaches □ I have no headaches at all. □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have recreation activities at all		I cannot read at all.	П		
 □ I have no headaches at all. □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I can't do any recreation activities at all 	Sec	tion 5 – Headaches	_		
 □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I can't do any recreation activities at all 	_		П		
 □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I can't do any recreation activities at all 			_		
 □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I can't do any recreation activities at all 	_		П	•	
☐ I have severe headaches which come frequently. ☐ I can't do any recreation activities at all	_		_		
	_		П	•	
LIL LUGVE DEGUGLIES MOST OF ME TIME.		I have headaches most of the time.	_		