

# NDI

## Neck Disability Index Survey

Patient:

Date:

Score: I

P

DC

How long have you had neck pain? weeks months years

How long have you had arm pain? weeks months years

**Directions:** Check only one statement in each section that best describes you over the last week. This survey will give your Physical Therapist information on how your neck injury has affected your ability to manage everyday life.

### Section 1 – Pain

- I have no pain at all at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

### Section 2 – Personal Care (washing, dressing, bathing, etc.)

- I care for myself as usual without causing extra pain.
- I can look after myself as usual, but it causes extra pain.
- It is painful to care for myself, so I must be slow and careful.
- I need some help but manage most of my personal care.
- I need help every day with most of my personal care.
- I do not get dressed, wash with difficulty and stay in bed.

### Section 3 – Lifting

- I can lift heavy objects without extra pain.
- I can lift heavy objects but it gives me extra pain.
- Pain stops me from lifting heavy objects from the floor, but I can lift heavy objects if they are on a table.
- Pain stops me from lifting all heavy objects, but I can lift light to medium objects if they are on a table.
- I can only lift very light objects.
- I can not lift or carry anything.

### Section 4 – Reading

- I can read as much as I want with no pain in my neck.
- I can read as much as I want with slight pain in my neck.
- 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 can not read at all.

**OVER**

### **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 severe headaches which come frequently.**
- I have headaches almost all of the time.**

### **Section 6 – Concentration**

- I can concentrate fully when I want to with no difficulty.**
- I can concentrate fully when I want to with slight difficulty.**
- I have a fair degree of difficulty in concentrating when I want to.**
- I have a lot of difficulty in concentrating when I want to.**
- I have a great deal of difficulty in concentrating when I want to.**
- I cannot concentrate at all.**

### **Section 7 – Work**

- I can do as much work as I want to.**
- I can only do my usual work, but no more.**
- I can do most of my usual work, but no more.**
- I cannot do my usual work.**
- I can hardly do any work at all.**
- I can't do any work at all.**

### **Section 8 – Driving**

- I can drive my car without neck pain.**
- I can drive my car as long as I want with slight neck pain.**
- I can drive my car as long as I want with moderate neck pain.**
- I can't drive my car as long as I want because of moderate neck pain.**
- I can hardly drive my car at all because of severe neck pain.**
- I can't drive my car at all.**

### **Section 9 – Sleeping**

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

### **Section 10 – Recreation**

- I am able to engage in all my recreational activities with no neck pain at all.**
- I am able to engage in all my recreational activities with some pain in my neck.**
- I am able to engage in most, but not all of my usual recreational activities because of neck pain.**
- I am able to engage in a few of my usual recreational activities because of neck pain.**
- I can hardly do any recreational activities because of neck pain.**
- I can't do any recreational activities at all.**