ALTERNATIVE HEALING CHIROPRACTIC CENTER
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NECK DISABILITY INDEX (NDI) QUESTIONAIRE

Patient Name _____ Date _____

Answer each of the 10 sections by marking only ONE CIRCLE that most applies to your **neck pain**.

SECTION 1: Pain Intensity
- o I have no pain at the moment.
- o The pain is very mild at the moment.
- o The pain comes and goes and is moderate.
- o The pain is fairly severe at the moment.
- o The pain is very severe at the moment.
- o The pain is the worst imaginable at the moment.

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

SECTION 3: Reading
- o I can read as much as I want to with no pain in my neck.
- o I can read as much as I want to with slight pain in my neck.
- o I can read as much as I want to with moderate pain in my neck.
- o I cannot read as much as I want because of moderate pain in my neck.
- o I can hardly read at all because of severe pain in my neck.
- o I cannot read at all because of the pain in my neck.

SECTION 4: Concentration
- o I can concentrate fully when I want with no difficulty.
- o I can concentrate fully when I want with slight difficulty.
- o I have a fair degree of difficulty concentrating when I want.
- o I have a lot of difficulty concentrating when I want.
- o I have a great deal of difficulty concentrating when I want.
- o I cannot concentrate at all.

SECTION 5: Work
- o I can do as much work as I want.
- o I can only do my usual work but no more.
- o I can only do most of my usual work but no more.
- o I cannot do my usual work.
- o I can hardly do any work at all.
- o I cannot do any work at all.

SECTION 6: Personal Care
- o I can look after myself normally without causing extra pain.
- o I can look after myself normally but it causes extra pain.
- o It is painful to look after myself and I am slow and careful.
- o I need some help but I manage most of my personal care.
- o I need help every day in most aspects of self-care.
- o I do not get dressed; I wash with difficulty and stay in bed.

SECTION 7: Lifting
- o I can lift heavy weights without extra pain.
- o I can lift heavy weights but it causes extra pain.
- o Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- o Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- o I can only lift very light weights.
- o I cannot lift of carry anything at all.

SECTION 8: Driving
- o I can drive my care without any neck pain.
- o I can drive my car as long as I want with slight neck pain.
- o I can drive my car as long as I want with moderate neck pain.
- o I cannot drive my car as long as I want because of moderate neck pain.
- o I can hardly drive at all because of severe neck pain.
- o I cannot drive my car at all because of neck pain.

SECTION 9: Recreation
- o I am able to engage in all my recreational activities without neck pain.
- o I am able to engage in all my usual recreational activities with some neck pain.
- o I am able to engage in most but not all my usual recreational activities because of neck pain.
- o I am only able to engage in a few of my usual recreational activities because of neck pain.
- o I can hardly do any recreational activities because of neck pain.
- o I cannot do any recreational activities at all.

SECTION 10: Headaches
- o I have no headaches at all.
- o I have slight headaches which come infrequently.
- o I have moderate headaches which come infrequently.
- o I have moderate headaches which come frequently.
- o I have severe headaches which come frequently.
- o I have headaches almost all the time.

How Strong is Your Pain?
Please place an "X" on the line below at the point which you feel represents your pain right now.

No Pain ←——————————————————→ Excruciating (Worst possible)