

NECK INDEX

Name: _____ Date: _____

Pain Intensity

- 0 I have no pain at the moment
- 1 The pain is very mild at the moment
- 2 The pain comes and goes and is moderate
- 3 The pain is fairly severe at the moment
- 4 The pain is very severe at the moment
- 5 The pain is the worst imaginable at the moment

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)

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 cannot read as much as I want because of moderate neck pain
- 4 I can hardly read at all because of severe neck pain
- 5 I cannot read at all because of neck pain

Concentration

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

Work

- 0 I can do as much work as I want
- 1 I can only do my usual work but no more
- 2 I can only 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

Personal Care

- 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 I manage most of my personal care
- 4 I need help every day in most aspects of self care
- 5 I do not get dressed. I wash with difficulty and stay in bed

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 the floor but I can manage if they are conveniently positioned (e.g. on a table)
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned
- 4 I can only lift very light weights
- 5 I cannot lift or carry anything at all

Driving

- 0 I can drive my car without any neck pain
- 1 I can drive my car as long as I want with light 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 at all because of severe neck pain
- 5 I cannot drive my car at all because of neck pain

Recreation

- 0 I am able to engage in all my recreation activities without neck pain
- 1 I am able to engage in all my usual recreation activities with some neck pain
- 2 I am able to engage in most but not all my usual recreation activities because of neck pain
- 4 I can hardly do any recreation activities because of neck pain
- 5 I cannot do any recreation activities at all

Headaches

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

Index Score = (Sum of all statements selected/ (# of sections with a statement selected x 5)) x 100 = Score _____