

# NECK PAIN INDEX

NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

DATE: \_\_\_\_\_

**Instructions:** Please circle the option in each section which best describes your problem.

## Section 1 – Pain intensity

- A. I have no pain at the moment.
- B. The pain is very mild at the moment.
- C. The pain is moderate at the moment.
- D. The pain is fairly severe at the moment.
- E. The pain is very severe at the moment.
- F. The pain is the worst imaginable at the moment.

## Section 2 – Personal Care (Washing, Dressing etc)

- A. I can look after myself normally without causing extra pain.
- B. I can look after myself normally but it causes extra pain.
- C. It is painful to look after myself and I am slow and careful.
- D. I need some help but can manage most of my personal care.
- E. I need help everyday in most aspects of self care.
- F. I do not get dressed, I was with difficulty and stay in bed.

## Section 3 – Lifting

- A. I can lift heavy weights without extra pain.
- B. I can lift heavy weights but it gives extra pain.
- C. Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g., on a table.
- D. Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- E. I can only lift very light weights.
- F. I cannot lift or carry anything.

## Section 4 – Reading

- A. I can read as much as I want to with no pain in my neck.
- B. I can read as much as I want to with slight pain in my neck.
- C. I can read as much as I want to with moderate pain in my neck.
- D. I can't read as much as I want because of the moderate pain in my neck.
- E. I can hardly read at all because of the severe pain in my neck.
- F. I cannot read at all.

## Section 5 – Headaches

- A. I have no headaches at all.
- B. I have slight headaches which come infrequently.
- C. I have moderate headaches which come infrequently.
- D. I have moderate headaches which come frequently.
- E. I have severe headaches which come frequently.
- F. I have headaches almost all the time.

## Section 6 – Concentration

- A. I can concentrate fully when I want to with no difficulty.
- B. I can concentrate fully when I want to with slight difficulty.
- C. I have a fair degree of difficulty in concentrating when I want to.
- D. I have a lot of difficulty in concentrating when I want to.
- E. I have a great deal of difficulty in concentrating when I want to.
- F. I cannot concentrate at all.

## Section 7 –Work

- A. I can do as much work as I want to.
- B. I can only do my usual work, but no more.
- C. I can do most of my usual work, but no more.
- D. I cannot do my usual work.
- E. I can hardly do any work at all.
- F. I can't do any work at all.

## Section 8 – Driving

- A. I can drive my car without any neck pain.
- B. I can drive my car as long as I want with slight pain in my neck.
- C. I can drive my car as long as I want with moderate pain in my neck.
- D. I can hardly drive at all because of severe pain in my neck.
- E. I can't drive my car at all.

## Section 9 – Sleeping

- A. I have no problem sleeping.
- B. My sleeping is slightly disturbed (less than 1hr sleepless)
- C. My sleep is mildly disturbed (1-2hrs sleepless).
- D. My sleep is moderately disturbed (2-3 hrs sleepless)
- E. My sleep is greatly disturbed (3-5hrs sleepless)
- F. My sleep is completely disturbed (5-7hrs sleepless)

## Section 10 – Recreation

- A. I am able to engage in all my recreation activities with no neck pain at all.
- B. I am able to engage in all my recreation activities with some pain in my neck.
- C. I am able to engage in most, but not all of my usual recreation activities because of pain in my neck.
- D. I am able to engage in a few of my usual recreation activities because of pain in my neck.
- E. I can hardly do any recreation activities because of pain in my neck.
- F. I can't do any recreation activities at all.

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TOTAL SCORED: \_\_\_\_\_ X 100 =

TOTAL POSSIBLE: 50