

## The Neck Disability Index

Overview: The Neck Disability Index is an instrument to assess neck pain complaints. It was developed from the Oswestry index for back pain and the Pain Disability Index. The authors are from the Canadian Memorial Chiropractic College in Toronto Canada.

### Patient Instructions:

This questionnaire has been designed to give the doctor information as to how your neck pain 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.

Section	Statement	Points
pain intensity	I have no pain at the moment.	0
	The pain is very mild at the moment.	1
	The pain is moderate at the moment.	2
	The pain is fairly severe at the moment.	3
	The pain is very severe at the moment.	4
	The pain is the worst imaginable at the moment.	5
personal care (washing dressing etc.)	I can look after myself normally without causing extra pain.	0
	I can look after myself normally but it causes extra pain.	1
	It is painful to look after myself and I am slow and careful.	2
	I need some help but manage most of my personal care.	3
	I need help every day in most aspects of self care.	4
	I do not get dressed I wash with difficulty and stay in bed.	5
lifting	I can lift heavy weights without extra pain.	0
	I can lift heavy weights but it gives extra pain.	1
	Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned (on a table etc.).	2
	Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.	3

	I can lift very light weights.	4
	I cannot lift or carry anything at all.	5
reading	I can read as much as I want to with no pain in my neck.	0
	I can read as much as I want to with slight pain in my neck.	1
	I can read as much as I want to with moderate pain in my neck.	2
	I can't read as much as I want because of moderate pain in my neck.	3
	I can hardly read at all because of severe pain in my neck.	4
	I cannot read at all.	5
headaches	I have no headache at all.	0
	I have slight headaches which come infrequently.	1
	I have moderate headaches which come infrequently.	2
	I have moderate headaches which come frequently.	3
	I have severe headaches which come frequently.	4
	I have headaches almost all the time.	5
concentration	I can concentrate fully when I want to with no difficulty.	0
	I can concentrate fully when I want to with slight difficulty.	1
	I have a fair degree of difficulty in concentrating when I want to.	2
	I have a lot of difficulty in concentrating when I want to.	3
	I have a great deal of difficulty in concentrating when I want to.	4
	I cannot concentrate at all.	5
work	I can do as much work as I want to.	0
	I can only do my usual work but no more.	1
	I can do most of my usual work but no more.	2
	I cannot do my usual work.	3

	I can hardly do any work at all.	4
	I can't do any work at all.	5
driving	I can drive my care without any neck pain.	0
	I can drive my car as long as I want with slight pain in my neck.	1
	I can drive my care as long as I want with moderate pain in my neck.	2
	I can't drive my care as long as I want because of moderate pain in my neck.	3
	I can hardly drive at all because of severe pain in my neck.	4
	I can't drive my car at all.	5
sleeping	I have no trouble sleeping.	0
	My sleep is slightly disturbed (less than 1 hour sleepless).	1
	My sleep is mildly disturbed (1-2 hours sleepless).	2
	My sleep is moderately disturbed (2-3 hours sleepless).	3
	My sleep is greatly disturbed (3-5 hours sleepless).	4
	My sleep is completely disturbed (5-7 hours sleepless).	5
recreation	I am able to engage in all my recreation activities with no neck pain at all.	0
	I am able to engage in all my recreation activities with some pain in my neck.	1
	I am able to engage in most but not all of my usual recreation activities because of pain in my neck.	2
	I am able to engage in a few of my usual recreation activities because of pain in my neck.	3
	I can hardly do any recreation activities because of pain in my neck.	4
	I can't do any recreation activities at all.	5

total score = SUM(points for all 10 findings)

disability in percent = (total score) / 50 \* 100

Interpretation:

- minimum score: 0 with a minimum disability of 0%
- maximum score: 50 with maximal disability of 100%

<b>Disability</b>	<b>Disability</b>	<b>Comment</b>
0 – 20%	minimal	The patient can cope with most living activities. Usually no treatment is indicated apart from advice on lifting sitting and exercise.
21 – 40%	moderate	The patient experiences more pain and difficulty with sitting lifting and standing. Travel and social life are more difficult and they may be disabled from work. The patient can usually be managed by conservative means.
41 – 60%	severe	Pain remains the main problem in this group but activities of daily living are affected. These patients require a detailed investigation.
61 – 80%	crippled	Pain impinges on all aspects of the patient's life. Positive intervention is required.
81 – 100%	bed bound	Need to exclude exaggeration or malingering.

where:

- The interpretations are taken from the Oswestry low back pain questionnaire.

References:

Fairbank JCT Davies JB. The Oswestry low back pain disability questionnaire. *Physiotherapy*. 1980; 66: 271-273.

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