

# FORM C-10 NECK DISABILITY INDEX QUESTIONNAIRE (NDI)

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE: \_\_\_\_\_ DATE OF INJURY: \_\_\_\_\_

**PLEASE READ:** This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE JUST CIRCLE THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

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

- A I can look after myself normally without causing extra pain
- B I can look after my self 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 manage most of my personal care
- E I need help every day in most aspects of self care
- F I do not get dressed, I wash with difficulty and stay in bed

## 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 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 from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table
- D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- E I can lift very light weights
- F I cannot lift or carry anything 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 cannot do any work at all

## 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 cannot read as much as I want because of moderate pain in my neck
- E I cannot read as much as I want because of severe pain in my neck
- F I cannot read 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 cannot drive my car as long as I want because of moderate pain in my neck
- E I can hardly drive at all because of severe pain in my neck
- F I cannot drive my car at all

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

- A I am able to engage in all of my recreational activities with no neck pain at all
- B I am able to engage in all of my recreational activities with some pain in my neck
- C I am able to engage in most, but not all of my recreational activities because of pain in my neck
- D I am bale to engage in a few of my recreational activities because of pain in my neck
- E I can hardly do any recreational activities because of poin in my neck
- F I cannot do any recreational activities at all

**Score:**