

## NECK DISABILITY INDEX (NDI) Neck Pain

**PATIENT:** Martin Jones

**DATE:** 3/9/2011

**SCORE:** 75.56

### EXPLANATION:

The Neck Disability Index (NDI) was developed in 1989 by Howard Vernon. The Index was developed as a modification of the Oswestry Low Back Pain Disability Index with the permission of the original author (J. Fairbank, 1980). In 1991, Vernon and Mior published the results of a study of reliability and validity in the Journal of Manipulative and Physiologic Therapeutics. Since then, approximately ten articles have appeared in the indexed literature on the NDI. The NDI has become a standard instrument for measuring self-rated disability due to neck pain.

### INSTRUCTIONS:

This questionnaire is designed to help understand how much the patient's neck pain has affected their ability to manage everyday activities. The patient is instructed to answer each section by circling the ONE choice that most applies to them.

#### Section 1:Pain Intensity

- I have no pain at the moment. [0 points]
- The pain is mild at the moment. [1 points]
- The pain comes & goes & is moderate. [2 points]
- The pain is moderate & does not vary much. [3 points]
- The pain is severe but comes & goes. [4 points]
- The pain is severe & does not vary much. [5 points]

#### Section 2:Personal Care

- I can look after myself without causing extra pain. [0 points]
- I can look after myself normally but it causes extra pain. [1 points]
- It is painful to look after myself and I am slow & careful. [2 points]
- I need some help but manage most of my personal care. [3 points]
- I need help every day in most aspects of self-care. [4 points]
- I do not get dressed; I wash with difficulty and stay in bed. [5 points]

#### Section 3:Lifting

- I can lift heavy weights without extra pain. [0 points]
- I can lift heavy weights, but it causes extra pain. [1 points]
- Pain prevents me from lifting heavy weights off the floor, but I can if they are conveniently positioned, for example on a table. [2 points]
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. [3 points]
- I can only lift very light weights. [4 points]
- I cannot lift or carry anything at all. [5 points]

#### Section 4:Reading

- I can read as much as I want to with no pain in my neck. [0 points]
- I can read as much as I want with slight pain in my neck. [1 points]
- I can read as much as I want with moderate pain in my neck. [2 points]
- I cannot read as much as I want because of moderate pain in my neck. [3 points]
- I cannot read as much as I want because of severe pain in my neck. [4 points]
- I can not read at all because of neck pain. [5 points]

### Section 5:Headache

- I have no headaches at all. [0 points]
- I have slight headaches that come infrequently. [1 points]
- I have moderate headaches that come in-frequently. [2 points]
- I have moderate headaches that come frequently. [3 points]
- I have severe headaches that come frequently. [4 points]
- I have headaches almost all the time. [5 points]

### Section 6:Concentration

- I can concentrate fully when I want to with no difficulty. [0 points]
- I can concentrate fully when I want to with slight difficulty. [1 points]
- I have a fair degree of difficulty in concentrating when I want to. [2 points]
- I have a lot of difficulty in concentrating when I want to. [3 points]
- I have a great deal of difficulty in concentrating when I want to. [4 points]
- I can not concentrate at all. [5 points]

### Section 7:Work

- I can do as much work as I want to. [0 points]
- I can only do my usual work but no more. [1 points]
- I can don most of my usual work but no more. [2 points]
- I cannot do my usual work. [3 points]
- I can hardly do any work at all. [4 points]
- I cannot do any work at all. [5 points]

### Section 8:Driving

- I can drive my car without neck pain. [0 points]
- I can drive my car as long as I want with slight pain in my neck. [1 points]
- I can drive my car as long as I want with moderate pain in my neck. [2 points]
- I cannot drive my car as long as I want because of moderate pain in my neck. [3 points]
- I can hardly drive my car at all because of severe pain in my neck. [4 points]
- I cannot drive my car at all. [5 points]

### Section 9:Sleeping

- I have no trouble sleeping. [0 points]
- My sleep is slightly disturbed less than 1 hour sleepless). [1 points]
- My sleep is mildly disturbed 1-2 hours sleepless). [2 points]
- My sleep is moderately disturbed 2-3 hours sleepless). [3 points]
- My sleep is greatly disturbed 3-5 hours sleepless). [4 points]
- My sleep is completely disturbed 5-7 hours sleepless). [5 points]

### Section 10:Recreation

- I am able to engage in all recreational activities with no pain in my neck at all. [0 points]
- I am able to engage in all recreational activities with some pain in my neck. [1 points]
- I am able to engage in most, but not all, recreational activities because of pain in my neck. [2 points]
- I am able to engage in only a few of my usual recreational activities because of pain in my neck. [3 points]
- I can hardly do any recreational activiites because of pain in my neck. [4 points]
- I cannot do any recreational activities at all. [5 points]

### SCORING:

- 0-4**=No disability
- 5-14**=Mild disability
- 15-24**=Moderate disability
- 25-34**=Severe disability
- 34+**=Complete disability

It is recommended that the NDI be used at baseline and for every 2 weeks thereafter within the treatment program to measure progress. As noted above, at least a 5-point change is required to be clinically meaningful.

Scoring is out of a possible total of 50 points.

Sincerely,

Dr. Fred Morris, D.C.  
Beltway Chiropractic & Rehabilitation Center