

# Modified Neck Disability Index v1.2

Reproduced from Vernon H. Mior S. The Neck Disability Index: A study of reliability and validity. Journal of Manipulative and Physiological Therapeutics 1991; 14:409-415.

Event: Modified NDI v1.2  
Interval: Baseline  
Study: SOLAS\_DEG  
Database: NuVasive  
PhDxID:

## To be completed by the PATIENT

**Directions:** This questionnaire has been designed to provide the doctor with information on how your neck pain may affect your ability to manage in everyday life. Please select and mark only one statement from each section, which applies to you. We realize you may consider two statements in one section. However, please mark just one answer which most closely describes your situation.

Today's Date (MM/DD/YY)

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Shade circles like this:   
Not like this:

Please do not mark outside of the circle or make stray marks on the form.

### 01. Pain Intensity (Mark only one)

- I have no pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

### 02. Personal Care (Washing, Dressing, etc.) (Mark only one)

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

### 03. Lifting (Mark only one)

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives me extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- I can lift very light weights.
- I cannot lift or carry anything at all.

### 04. Reading (Mark only one)

- I can read as much as I want to with no pain in my neck.
- I can read as much as I want to with slight pain in my neck.
- I can read as much as I want with moderate pain in my neck.
- I can't read as much as I want because of moderate pain in my neck.
- I can hardly read at all because of severe pain in my neck.
- I cannot read at all.

### 05. Headaches (Mark only one)

- I have no headaches at all.
- I have slight headaches which come infrequently.
- I have moderate headaches which come infrequently.
- I have moderate headaches which come frequently.
- I have severe headaches which come frequently.
- I have headaches almost all the time.

### 06. Concentration (Mark only one)

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

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**07. Work (Mark only one)**

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

**08. Driving (Mark only one)**

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

**09. Sleeping (Mark only one)**

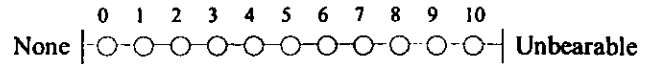
- I have no trouble sleeping.
- My sleep is slightly disturbed (less than 1 hour sleepless).
- My sleep is mildly disturbed (1-2 hours sleepless).
- My sleep is moderately disturbed (2-3 hours sleepless).
- My sleep is greatly disturbed (3-5 hours sleepless).
- My sleep is completely disturbed (5-7 hours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

**10. Recreation (Mark only one)**

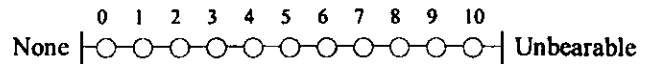
- I am able to engage in all my recreation activities with no pain at all.
- I am able to engage in all my recreation activities with some pain in my neck.
- I am able to engage in most but not all of my usual recreation activities because of pain in my neck.
- I am able to engage in a few of my usual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



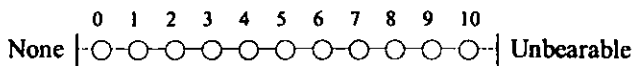
**11. On a scale from 0 to 10, mark the intensity of your neck pain during the past week, with 0 being 'None' and 10 being 'Unbearable pain'. (Mark only one)**



**12. On a scale from 0 to 10, mark the intensity of your left arm pain during the past week, with 0 being 'None' and 10 being 'Unbearable pain'. (Mark only one)**



**13. On a scale from 0 to 10, mark the intensity of your right arm pain during the past week, with 0 being 'None' and 10 being 'Unbearable pain'. (Mark only one)**



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