

PATIENT NAME : _____

DATE : ____ / ____ / ____

NECK DISABILITY INDEX

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 by circling the **ONE CHOICE** that most applies to you. We realize you may feel that more than one statement may relate to you, but just circle the one choice which describes your problem best.

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, 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 don't get dressed, wash 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 me 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 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 with moderate neck pain.
- D I can't read as much as I want because of moderate neck pain.
- E I can hardly read at all because of 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't 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 can't drive my car at all.

Section 9: Sleeping

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

Arapahoe Chiropractic
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A Multidisciplinary Approach To Total Health

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REVISED OSWESTRY LOW BACK DISABILITY INDEX

This questionnaire is designed to enable us to understand how much your low back 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 just circle the one choice which describes your problem best.

<p>SECTION 1 - Pain Intensity</p> <p>A. The pain comes and goes and is very mild. B. The pain is mild and does not vary much. C. The pain comes and goes and is moderate. D. The pain is moderate and does not vary much. E. The pain is severe but comes and goes. F. The pain is severe and does not vary much.</p>	<p>SECTION 6 - Standing</p> <p>A. I can stand as long as I want without pain. B. I have some pain while standing, but it does not increase with time. C. I cannot stand for longer than one hour without increasing pain. D. I cannot stand for longer than 1/2 hour without increasing pain. E. I can't stand for more than 10 minutes without increasing pain. I avoid standing because it increases pain right away.</p>
<p>SECTION 2 - Personal Care</p> <p>A. I would not have to change my way of washing or dressing in order to avoid pain. B. I do not normally change my way of washing or dressing even though it causes some pain. C. Washing and dressing increase the pain, but I manage not to change my way of doing it. D. Washing and dressing increase the pain and I it necessary to change my way of doing it. E. Because of the pain, I am unable to do some washing and dressing without help. F. Because of the pain, I am unable to do any washing or dressing without help.</p>	<p>SECTION 7 - Sleeping</p> <p>A. I get no pain in bed. B. I get pain in bed, but it does not prevent me from sleeping. C. Because of pain, my normal night's sleep is reduced by less than 1/4. D. Because of pain, my normal night's sleep is reduced by less than 1/2. E. Because of pain, my normal night's sleep is reduced by less than 3/4. F. Pain prevents me from sleeping at all.</p>
<p>SECTION 3 - Lifting</p> <p>A. I can lift heavy weights without extra pain. B. I can lift heavy weights, but it causes extra pain. C. Pain prevents me from lifting heavy weights off the floor. D. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on the table. E. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. F. I can only lift very light weights, at the most.</p>	<p>SECTION 8 - Social Life</p> <p>A. My social life is normal and gives me no pain. B. My social life is normal, but increases the degree of my pain. C. Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g., dancing, etc. D. Pain has restricted my social life and I do not go out very often. E. Pain has restricted my social life to my home. F. I have no social life at all because of pain.</p>
<p>SECTION 4 - Walking</p> <p>A. I have no pain walking. B. I have some pain with walking but it does not increase with distance. C. I cannot walk more than 1 mile without increasing pain. D. I cannot walk more than 1/2 mile without increasing pain. E. I cannot walk more than 1/4 mile without increasing pain. F. I cannot walk at all without increasing pain.</p>	<p>SECTION 9 - Traveling</p> <p>A. I get no pain while traveling. B. I get some pain while traveling, but none of my usual forms of travel make it any worse. C. I get extra pain while traveling, but it does not compel me to seek alternative forms of travel. D. I get extra pain while traveling which compels me to seek alternative forms of travel. E. Pain restricts all forms off travel. F. Pain prevents all forms of travel except that done lying down</p>
<p>SECTION 5 - Sitting</p> <p>A. I can sit in any chair as long as I like without pain. B. I can only sit in my favorite chair as long as I like. C. Pain prevents me from sitting more than one hour. D. Pain prevents me from sitting more than 1/2 hour. E. Pain prevents me from sitting more than ten minutes. F. Pain prevents me from sitting at all.</p>	<p>SECTION 10 - Changing Degree of Pain</p> <p>A. My pain is rapidly getting better. B. My pain fluctuates, but overall is definitely getting better. C. My pain seems to be getting better, but improvement is slow at present. D. My pain is neither getting better nor worse. E. My pain is gradually worsening. F. My pain is rapidly worsening.</p>

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