



PATIENT NAME - LAST

FIRST

MI

DATE

DOB: \_\_\_\_\_

This questionnaire will give the doctor information about how your neck condition affects your everyday life. Please answer every section and mark only the *one box* that applies to you. If two statements in one section relate to you, please *mark the box which most closely describes your problem*.

**Section 1 - Pain Intensity**

- 0 I have no pain at the moment.
- 1 The pain is very mild at the moment.
- 2 The pain is moderate at the moment.
- 3 The pain is fairly severe at the moment.
- 4 The pain is very severe at the moment.
- 5 The pain is the worst imaginable at the moment.

**Section 2 - Personal Care (Washing, Dressing, etc.)**

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

**Section 3 - Lifting**

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

**Section 4 - Reading**

- 0 I can read as much as I want with no neck pain.
- 1 I can read as much as I want with slight neck pain.
- 2 I can read as much as I want with moderate neck pain.
- 3 I cannot read as much as I want because of moderate neck pain.
- 4 I can hardly read at all because of severe neck pain.
- 5 I cannot read at all.

**Section 5 - Headaches**

- 0 I have no headaches at all.
- 1 I have slight headaches which come infrequently.
- 2 I have moderate headaches which come infrequently.
- 3 I have moderate headaches which come frequently.
- 4 I have severe headaches which come frequently.
- 5 I have headaches almost all the time.

**Section 6 - Concentration**

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

**Section 7 - Work**

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

**Section 8 - Driving**

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

**Section 9 - Sleeping**

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

**Section 10 - Recreation**

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

Score