

Neck Disability Index Summary

Section 1: Pain Intensity (0 points)
I have no pain at the moment

Section 2: Personal Care (Washing, Dressing, etc.) (0 points)
I can look after myself normally without causing extra pain

Section 3: Lifting (0 points)
I can lift heavy weights without extra pain

Section 4: Reading (0 points)
I can read as much as I want to with no pain in my neck

Section 5: Headaches (3 points)
I have moderate headaches, which come frequently

Section 6: Concentration (0 points)
I can concentrate fully when I want to with no difficulty

Section 7: Work (0 points)
I can do as much work as I want to

Section 8: Driving (1 points)
I can drive my car as long as I want with slight pain in my neck

Section 9: Sleeping (0 points)
I have no trouble sleeping

Section 10. Recreation (0 points)
I am able to engage in all my recreation activities with no neck pain at all

Pertinent Negative

Pertinent Positive

Pertinent Positive

Neck Disability Index score:

4/50=8.0 percent.

Graphical Neck Disability Index score: 