

# GARDINER FAMILY CHIROPRACTIC

## NECK PAIN AND DISABILITY QUESTIONNAIRE

Name \_\_\_\_\_ Date \_\_\_\_\_

The purpose of this questionnaire is to measure your perceived disability from your neck. The selections you choose will give your doctor information about how your pain has affected your ability to manage in everyday life.

INSTRUCTIONS: In each section, mark with an "X" only one box which most closely applies to your neck. Please answer every section.

### PAIN INTENSITY - NECK

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

### CONCENTRATION - NECK

- 0 I can concentrate fully when I want to with no difficulty.
- 1 I can concentrate fully when I want to with mild difficulty.
- 2 I have mild-moderate difficulty concentrating when I want to.
- 3 I have moderate difficulty concentrating when I want to.
- 4 I have severe difficulty concentrating when I want to.
- 5 I cannot concentrate at all.

### PERSONAL CARE (WASHING AND DRESSING)

- 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 manage most of my personal care.
- 4 I need help every day in most aspects of self care.
- 5 I don't get dressed, wash with difficulty, and stay in bed.

### SLEEPING - NECK

- 0 I have no trouble sleeping.
- 1 I can only sleep well by taking medications
- 2 I get less than 6 hours sleep before the pain wakes me up.
- 3 I get less than 4 hours sleep before the pain wakes me up.
- 4 I get less than 2 hours sleep before the pain wakes me up.
- 5 My neck pain prevents me from sleeping at all.

### HEADACHES - NECK

- 0 I have no headaches at all.
- 1 I have mild 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 all the time.

### CHANGING DEGREE OF PAIN - NECK

- 0 My pain is decreasing and I am getting better.
- 1 My pain fluctuates, but I am gradually getting better.
- 2 My pain is decreasing, and my improvement is slow.
- 3 My pain is not changing and I am not getting better or worse.
- 4 My pain is increasing, and I am gradually getting worse.
- 5 My pain is increasing, and I am rapidly getting worse.

### WORK - NECK

- 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 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.

### SOCIAL LIFE - NECK

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal, but increases the degree of pain.
- 2 Pain has no significant effect on my social life apart from limiting my more energetic interests, such as dancing, etc.
- 3 Pain has restricted my social life, I don't go out as often.
- 4 Pain has restricted my social life to my home.
- 5 I have no social life because of pain.

### READING - NECK

- 0 I can read as much as I want to with no pain.
- 1 I can read as much as I want to with mild pain.
- 2 I can read as much as I want to with moderate pain.
- 3 I can't read as much as I want to due to moderate pain.
- 4 I can hardly read at all because of severe pain.
- 5 I cannot read at all due to pain in my neck.

### TRAVELING

- 0 I can travel anywhere without extra pain.
- 1 I can travel anywhere, but it gives me extra pain
- 2 Pain is bad, but I manage journeys over 2 hours.
- 3 Pain restricts me to journeys of less than 1 hour.
- 4 Pain restricts me to short, necessary travel under ½ hour.
- 5 Pain prevents me from traveling except to my doctor.