



John A. Hatheway, MD,
421 W Riverside Ave. Suite 900 Spokane, WA 99201
Phone: (509) 863-9789 Fax: (855) 630-0757

NECK PAIN DISABILITY QUESTIONNAIRE

This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by marking the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but please just mark the one that most closely describes your problem right now.

Patient Name _____ I have had neck pain for _____ (years/months)

SECTION 1 - Pain Intensity

- 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 worse than imaginable at the moment

SECTION 2 - Personal Care (Washing, Dressing, etc...)

- 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 everyday in most aspects of my self care
- I do not get dresses, I wash myself with difficulty and stay in bed

SECTION 3 - Lifting

- I can lift heavy weights without pain
- I can lift heavy weights, but it gives extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently placed, i.e; 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

SECTION 4 - Reading

- 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 to with moderate pain in my neck
- I cannot read as much as I want because of moderate pain in my neck
- I cannot read as much as I want because of severe pain in my neck
- I cannot read at all because of pain in my neck

SECTION 5 - Headaches

- 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.

SECTION 6 - Concentration

- 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

SECTION 7 - Work

- 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 cannot do any work at all

SECTION 8 - Driving

- 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 cannot 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 cannot drive at all

SECTION 9 - Sleeping

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

SECTION 10 - Recreation

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