



521 Yopp Rd. Ste 107  
Jacksonville, NC 28540  
Phone: 910-333-9723 Fax: 910-333-8454

Pt. Name: \_\_\_\_\_  
Acct #: \_\_\_\_\_

### Neck Index

#### **Pain Intensity**

- 0- I have no pain at the moment.
- 1- The pain is very mild at the moment.
- 2- The pain comes and goes and is moderate.
- 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.

#### **Personal Care**

- 0- I can look after myself with no extra pain.
- 1- I can look after myself, 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 care.
- 4- I need help every day in most aspects of self-care.

#### **Sleeping**

- 0- I have no trouble sleeping.
- 1- My sleep is slightly disturbed. (less than 1hr 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)

#### **Lifting**

- 0- I can lift heavy weights without extra pain.
- 1- I can lift heavy weights, but it causes some pain.
- 2- Pain prevents me from lifting heavy weight from the floor, but I can manage if they are conveniently positioned.
- 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 only lift very light weights.
- 5- I cannot lift or carry anything at all.

#### **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 because of neck pain.

#### **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 because of neck pain.

#### **Concentration**

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

#### **Recreation**

- 0- I am able to engage in all my recreation activities without neck pain.
- 1- I am able to engage in all my usual recreation activities with some neck pain.
- 2- I am able to engage in most but not all my usual 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.

#### **Work**

- 0- I can do as much work as I want.
- 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.

#### **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 com frequently.
- 5- I have headaches almost all the time.

Patient Signature: \_\_\_\_\_ Doctor Signature: \_\_\_\_\_ Date: \_\_\_\_\_