

# Alta Physical & Complementary Therapies Neck Index

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

This questionnaire will give your physical therapist information about how your neck condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If 2 or more statements one section apply, please mark the one statement that most closely describes your problem. \*Note: ROM = range of motion

## Sleeping

- I have no trouble sleeping.
- My sleep is slightly disturbed (<1 hour sleepless).
- My sleep is mildly disturbed (1-2 hours sleepless).
- My sleep is moderately disturbed (2-3 hours sleepless).
- My sleep is greatly disturbed (3-5 hours sleepless).
- My sleep is completely disturbed (5-7 hours sleepless).

## Driving

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

## Work/ Activities of Daily Living

- Pain/ ROM does not limit my usual activities.
- Pain/ ROM limit my usual activities by 25%.
- Pain/ROM limit my usual activities by 50%.
- Pain/ ROM limit my usual activities by 75%.
- Pain/ROM limit my usual activities by 100%.

## Lifting

- I can lift 5-25 lb. without extra pain.
- I can lift (5,10,15,20,25) lb. but it causes extra pain.
- Pain prevents me from lifting any object, object <5 lb., object >5 lb. off the floor.
- Pain prevents me from lifting objects off the floor but I can lift objects <5 lb (10,15,20,25 lb) if they are conveniently positioned (i.e. on a table).
- I can only lift objects <5 lb from table height.
- I can't lift even light objects.

## Recreation (\*Please circle all that apply)

- Pain/ ROM does no limit my hobbies/ recreation/sports.
- Pain/ROM limit my ability to perform my hobbies/ recreation/ sports by 25%.
- Pain/ROM limit my ability to perform my hobbies/ recreation/ sports by 50%
- Pain/ ROM limit my ability to perform my hobbies/ recreation/ sports by 75%.
- Pain/ ROM limit my ability to perform my hobbies/ recreation/ sports by 100%.

# Alta Physical & Complementary Therapies

## Neck Index

(Cont'd)

### Personal Care

- I do not change my way of washing/ dressing in order to avoid pain.
- I do not normally change my way of washing/ dressing even though it causes some pain.
- Washing/ dressing increases the pain but I manage not to change my way of doing it.
- Washing/ dressing increases the pain and I find it necessary to change my way of doing it.
- Because of the pain, I am unable to do some washing/ dressing without help.
- Because of the pain, I am unable to do any washing/ dressing without help.

### Reading (\*Please circle all that apply)

- I can read as much as I want with no neck pain in chair \_\_\_\_ in bed \_\_\_\_.
- I can read as much as I want with slight neck pain in chair \_\_\_\_ in bed \_\_\_\_.
- I can read as much as I want with moderate neck pain in chair \_\_\_\_ in bed \_\_\_\_.
- I cannot read as much as I want due to moderate neck pain in chair \_\_\_\_ in bed \_\_\_\_.
- I can hardly read at all due to severe neck pain in chair \_\_\_\_ in bed \_\_\_\_.
- I cannot read at all due to neck pain in chair \_\_\_\_ in bed \_\_\_\_.

### Concentration

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

### Headaches

- I have no headaches at all.
- I have slight headaches which come daily \_\_ weekly \_\_ monthly \_\_\_\_.
- I have moderate headaches which come daily \_\_ weekly \_\_ monthly \_\_\_\_.
- I have severe headaches which come daily \_\_ weekly \_\_ monthly \_\_\_\_.
- I have headaches almost all the time.

### Chewing

- Unable to chew hard foods \_\_\_\_ soft foods \_\_\_\_ talk \_\_\_\_ yawn \_\_\_\_ without jaw pain.