



NECK PAIN DISABILITY INDEX QUESTIONNAIRE

NAME (please print): _____ Date: _____

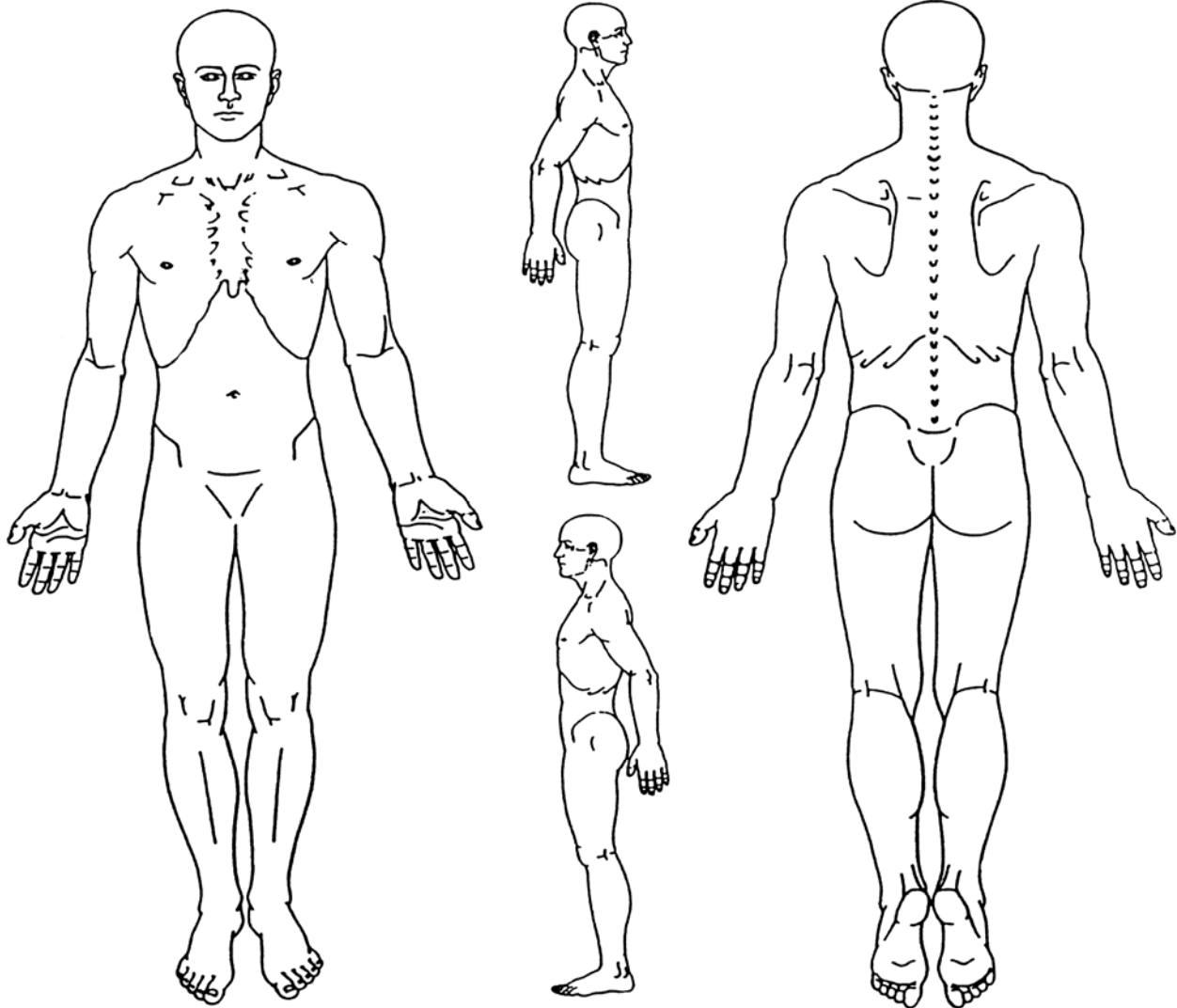
Age: _____ Date of Birth: _____ Occupation: _____

How long have you had neck pain? _____ Years _____ Months _____ Weeks

Is this your first episode of neck pain? _____ Yes _____ No

Use the letters below to indicate the type and location of your sensations right now.
Please remember to complete both sides of this form.

KEY: A= Ache B= Burning N= Numbness
 P= Pins & Needles S= Stabbing O= Other





NECK PAIN DISABILITY INDEX QUESTIONNAIRE

Please Read: 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 circling 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 CIRCLE THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

Section 1 — Pain Intensity

- A I have no pain at the moment.
- B The pain is very mild at the moment.
- C The pain is moderate at the moment.
- D The pain is fairly severe at the moment.
- E The pain is very severe at the moment.
- F The pain is the worst imaginable at the moment.

Section 6 — Concentration

- A I can concentrate fully when I want to with no difficulty.
- B I can concentrate fully when I want to with slight difficulty.
- C I have a fair degree of difficulty concentrating when I want to.
- D I have a lot of difficulty concentrating when I want to.
- E I have a great deal of difficulty concentrating when I want to.
- F I cannot concentrate at all.

Section 2 — Personal Care

- A I can look after myself normally without causing extra pain.
- B I can look after myself normally, but it causes extra pain.
- C It is painful to look after myself and I am slow and careful.
- D I need some help, but manage most of my personal care.
- E I need help every day in most aspects of self care.
- F I do not get dressed, I wash with difficulty and stay in bed.

Section 7 — Work

- A I can do as much work as I want to.
- B I can only do my usual work, but no more.
- C I can do most of my usual work, but no more.
- D I cannot do my usual work.
- E I can hardly do any work at all.
- F I cannot do any work at all.

Section 3 — Lifting

- A I can lift heavy weights, without extra pain.
- B I can lift heavy weights, but it causes extra pain.
- C Pain prevents me from lifting heavy weights off the floor.
- D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned, for example, on a table.
- E Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- F I can only lift very light weights, at the most.

Section 8 — Driving

- A I can drive my car without any neck pain.
- B I can drive my car as long as I want with slight pain in my neck.
- C I can drive my car as long as I want with moderate pain in my neck.
- D I cannot drive my car as long as I want because of moderate pain in my neck.
- E I can hardly drive at all because of severe pain in my neck.
- F I cannot drive my car at all.

Section 4 — Reading

- A I can read as much as I want to with no pain in my neck.
- B I can read as much as I want to with slight pain in my neck.
- C I can read as much as I want to with moderate pain in my neck.
- D I cannot read as much as I want because of moderate pain in my neck.
- E I cannot read as much as I want because of severe pain in my neck.
- F I cannot read at all.

Section 9 — Sleeping

- A I have no trouble sleeping.
- B My sleep is slightly disturbed (less than 1 hr. sleepless).
- C My sleep is mildly disturbed (1-2 hrs. sleepless).
- D My sleep is moderately disturbed (2-3 hrs. sleepless).
- E My sleep is greatly disturbed (3-5 hrs. sleepless).
- F My sleep is completely disturbed (5-7 hrs. sleepless).

Section 5 — Headaches

- A I have no headaches at all.
- B I have slight headaches which come infrequently.
- C I have moderate headaches which come infrequently.
- D I have moderate headaches which come frequently.
- E I have severe headaches which come frequently.
- F I have headaches almost all the time.

Section 10 — Recreation

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

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REVISED January 1, 1995

Comments: _____

Patient Signature: _____ Date: _____



Advanced Integrative Medicine Patient Health Questionnaire

Patient Name _____ Date _____ ID # _____

If you have ever had a symptom in the past listed below, please check that symptom in the past column. If you are presently troubled by a particular symptom check the symptom in the present column. This is a history of various systems of your body and knowledge of these conditions may influence the type of treatment, therapy, or referral you may receive.

Past	Present	Conditions	Past	Present	Conditions
_____	_____	Abdominal Pain	_____	_____	Loss of Bladder Control
_____	_____	Abnormal Weight Gain/Loss	_____	_____	Low Back Pain
_____	_____	Angina	_____	_____	Mid Back Pain
_____	_____	Anorexia	_____	_____	Muscular Incoordination
_____	_____	Aortic Aneurysm	_____	_____	Neck Pain
_____	_____	Arthritis	_____	_____	Pain in Ankle or Foot
_____	_____	Asthma	_____	_____	Pain in Lower Leg or Knee
_____	_____	Bladder Infections	_____	_____	Pain in Upper Arm or Elbow
_____	_____	Blood Disorder	_____	_____	Pain in Upper Leg or Hip
_____	_____	Breast Soreness/Lump	_____	_____	Painful Urination
_____	_____	Cancer, explain	_____	_____	PMS
_____	_____	Chest Pains	_____	_____	Profuse Menstrual Flow
_____	_____	Chronic Cough	_____	_____	Prostate Problems
_____	_____	Chronic Sinusitis	_____	_____	Rapid Heart Beat
_____	_____	Colitis	_____	_____	Rheumatoid Arthritis
_____	_____	Constipation/Irregular bowel habits	_____	_____	Scoliosis
_____	_____	Convulsions	_____	_____	Shoulder Pain
_____	_____	Diabetes	_____	_____	Stroke (date _____)
_____	_____	Depression	_____	_____	Swelling, Stiffness of Joint(s)
_____	_____	Dermatitis/Eczema/Rash	_____	_____	Tinnitus (Ear Noises)
_____	_____	Difficulty in Swallowing	_____	_____	Tumor, Explained _____)
_____	_____	Dizziness	_____	_____	Ulcer
_____	_____	Emphysema (Chronic Lung Disorders)	_____	_____	Visual Disturbances
_____	_____	Endometriosis	_____	_____	Jaw Pain
_____	_____	Epilepsy	_____	_____	Wrist Pain
_____	_____	Excessive Thirst			
_____	_____	Fainting			
_____	_____	Frequent Urination			
_____	_____	General Fatigue			
_____	_____	Hand Pain (R___ L___)			
_____	_____	Headache			
_____	_____	Heart Attack (date _____)			
_____	_____	Heartburn/Indigestion			
_____	_____	Hepatitis			
_____	_____	High Blood Pressure			
_____	_____	Irritable Colon			

FAMILY HISTORY:

If any of your immediate family members have/had the following, please mark the appropriate line.

	MOTHER	FATHER	BROTHER(S)	SISTER(S)
Cancer	_____	_____	_____	_____
Retinal Detachment	_____	_____	_____	_____
Chronic Back Problems	_____	_____	_____	_____
Kidney Failure	_____	_____	_____	_____
Cardiovascular Disease	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____
High Blood Pressure	_____	_____	_____	_____
Rheumatoid Arthritis/Lupus	_____	_____	_____	_____

Have you ever had surgery or been hospitalized? ___No ___Yes _____

What medications are you currently taking? _____

Do you use tobacco? ___No ___Yes Do you drink alcohol? ___No ___Yes

Do you have or have you had an alcohol, drug, or any other kind of addiction or dependence? ___No ___Yes

In the past 90 days have you had: Doctor's Notes _____

Weight gain or loss of 10 or more pounds: No Yes _____

Any loss of appetite: No Yes _____

Fever, Chills, or Night Sweats: No Yes _____

x
Patient Signature _____ Date _____