



Oswestry Neck Disability Index

Please answer by circling **ONE** number for each section

Section 1 - Pain Intensity

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

Section 2 - Personal Care (washing, dressing, etc.)

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 do not get dressed, I wash with difficult and stay in bed

Section 3 - Lifting

0. I can lift heavy weights without extra pain
1. I can lift heavy weights but it gives me extra pain
2. Pain prevents me lifting heavy weights off the floor but I can manage if they are conveniently placed
3. Pain prevents me from lifting heavy weights but I manage light/medium weights if conveniently positioned
4. I can lift very light weights
5. I cannot lift or carry anything at all

Section 4 - Reading

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

Section 5 - Headaches

0. I have no headaches at all
1. I have slight headaches that come infrequently
2. I have moderate headaches that come infrequently
3. I have moderate headaches that come frequently
4. I have severe headaches that come frequently
5. I have headaches that come almost all the time

Section 6 - Concentration

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

Section 7 - Work

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 can't do any work at all

Section 8. - Driving

0. I can drive my car without any neck pain
1. I can drive my car as long as I want with slight pain in my neck
2. I can drive my care as long as I want with moderate pain in my neck
3. I can't drive my care as long as I want because of moderate pain in my neck
4. I can hardly drive at all because of severe pain in my neck
5. I can't drive my car at all

Section 9 -Sleeping

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

Section 10 - Recreation

0. I am able to engage in all my recreation activities with no neck pain at all
1. I am able to engage in all my recreation activities, with some pain in my neck
2. I am able to engage in most, but not all of my usual recreation activities because of pain in my neck
3. I am able to engage in a few of my recreation activities because of pain in my neck
4. I can hardly do any recreation activities because of pain in my neck
5. I can't do any recreation activities at all

