

# TILLMAN

## PHYSICAL THERAPY

### & SPORTS TRAINING CENTER

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## NECK INDEX

**Patient Name:** \_\_\_\_\_ **Date Completed:** \_\_\_\_\_

*This questionnaire will give your provider information about how your neck condition affects your everyday life. Please answer every section by marking the one statement that applies to you. **If two or more statements in one section apply, please mark the one statement that most closely describes your problem.***

### 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

### Sleeping

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

### 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

### 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

### 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

### Personal Care

- 0 - I can look after myself without causing 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 personal care
- 4 - I need help every day in most aspects of self care
- 5 - I do not get dress, I wash with difficulty and stay in bed

### Lifting

- 0 - I can lift heavy weights without extra pain
- 1 - I can lift heavy weights but it cause extra pain
- 2 - Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conventionally positioned (e.g. on a table)
- 3 - Pain prevents me from lifting heavy weights of the floor, but I can manage light to medium weights if they are conventionally placed
- 4 - I can only lift very light weights
- 5 - I cannot lift or carry anything at all

### Driving

- 0 - I can drive my car without 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 at all because of severe 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

### Recreation

- 0 - I am able to engage in all my recreation activities without neck pain
- 1 - I am able to engage in all my recreation activities with some neck pain
- 2 - I am able to engage in most but not all recreation activities because of neck pain
- 3 - I am only able to engage in a few of my recreation activities because of neck pain
- 4 - I can hardly do any of my recreation activities because of neck pain
- 5 - I cannot do any recreation activities 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 come frequently
- 5 - I have headaches almost all the time

Index Score = [Sum of all statements selected / (#of sections with a statement selected x5)] x 100

**NECK INDEX SCORE:** \_\_\_\_\_