NECK DISABILITY INDEX

□ The pain is fairly severe at the moment. □ The pain is very severe at the moment. □ The pain is very severe at the moment. □ The pain is very severe at the moment. □ The pain is very severe at the moment. □ The pain is the worst imaginable at the moment. □ I can look after myself normally without causing extra pain. □ I can look after myself normally but it causes me extra pain. □ I can look after myself normally but it causes me extra pain. □ I can look after myself and I am slow and careful. □ I need some help but manage most of my personal care. □ I need help every day in most aspects of self care. □ I do not get dressed, wash with difficulty and stay in bed. □ I can lift heavy weights without extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights without extra pain. □ I can lift heavy weights but I can manage ligh to medium weights if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage ligh to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I cannot lift or carry anything at all. Section 4—Reading □ I can lead as much as I want to with no pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I wy sl	Name	Date
I have no pain at the moment.		
The pain is very mild at the moment. The pain is moderate at the moment. The pain is fairly severe at the moment. The pain is twey severe at the moment. The pain is the worst imaginable at the moment. Section 2—Personal Care (Washing, Dressing, Etc.) Carol ook after myself normally without causing extra pain. I can look after myself normally but it causes me extra pain. I can look after myself normally but it causes me extra pain. I lead no be help but manage most of my personal care. I need one help but manage most of my personal care. I need one help but manage most of my personal care. I need one help but manage most of my personal care. I need one help but manage most of my personal care. I can land work at all. Carol of the seven weights without extra pain. I can lift heavy weights without extra pain. I can lift heavy weights without extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights but it gives extra pain. I can lift heavy weights flip heavy weights but I can manage light to modulum weights if hey are conveniently positioned, eg on a table. Pain prevents me from lifting heavy weights but I can manage light to modulum weights if hey are conveniently positioned, eg on a table. Pain prevents me from lifting heavy weights off the floor, but i	Section 1—Pain Intensity	Section 6—Concentration
□ The pain is moderate at the moment. □ The pain is fairly severe at the moment. □ The pain is fairly severe at the moment. □ The pain is fairly severe at the moment. □ The pain is very severe at the moment. □ The pain is the worst imaginable at the moment. □ The pain is the worst in the pain in my neck. □ The pain is the worst in the pain in my neck. □ The pain is the worst in the pain is th	☐ I have no pain at the moment.	\square I can concentrate fully when I want to with no difficulty.
The pain is fairly severe at the moment.	☐ The pain is very mild at the moment.	☐ I can concentrate fully when I want to with slight difficulty.
The pain is very severe at the moment.	☐ The pain is moderate at the moment.	☐ I have a fair degree of difficulty in concentrating when I want to
□ The pain is the worst imaginable at the moment.	☐ The pain is fairly severe at the moment.	\Box I have a lot of difficulty in concentrating when I want to.
Section 2—Personal Care (Washing, Dressing, Etc.) I can look after myself normally without causing extra pain. I can look after myself normally but it causes me extra pain. I can oly do my usual work but no more. I can oly do my usual work but no more. I can oly do my usual work but no more. I can oly do my usual work but no more. I can oly do my usual work but no more. I can old on set of my personal care. I can old on my usual work but no more. I can old on my usua	☐ The pain is very severe at the moment.	☐ I have a great deal of difficulty concentrating when I want to.
I can look after myself normally without causing extra pain. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work but no more. I can oloy do my usual work at all. I can oloy go my can as long as I want with slight pain in my neck. I can drive my car as long as I want with slight pain in my neck. I can drive my car as long as I want with moderate pain in my neck. I can oloy go my can at all. I can bridge the convergence of moderate pain in my neck. I can oloy go my can at all. I can bridge the convergence of moderate pain in my neck. I can oloy go my can at all. I can bridge the convergence of moderate pain in my neck. I can oloy go my can at all. I can bridge the convergence of moderate pain in my neck. I can read as much as I want to with no pain in my neck. I can oloy go my can at all. I can bridge the convergence of moderate pain in my neck. I can read as much as I want to with slight pain in my neck. I can read as much as I want to with slight pain in my neck. I can read as much as I want to with slight pain in my neck. I can read as much as I want to with slight pain in my neck. My sleep is slightly disturbed (1-2 hour sleep loss). I can bradly do as a with a slight pain in my neck. My sleep is moderately disturbed (2-3 hours sleep loss). My sleep is completely disturbed (3-5 hours sleep loss). My sleep is completely disturbed (5-7 hours sleep loss). My sleep is completely disturbed (5	\Box The pain is the worst imaginable at the moment.	☐ I cannot concentrate at all.
□ I can look after myself normally but it causes me extra pain. □ It is painful to look after myself and I am slow and careful. □ I need some help but manage most of my personal care. □ I need some help but manage most of my personal care. □ I do not get dressed, wash with difficulty and stay in bed. □ I can hardly do any work at all. □ I can fif theavy weights without extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I cann't drive my car as long as I want with moderate pain in my neck. □ I can lift only very light weights. □ I can hardly drive at all because of severe pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want whit moderate pain in my neck. □ I can read as much as I want whit moderate pain in my neck. □ I can read as much as I want whit moderate pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can read as much as I want whit moderate pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can hardly disturbed (1-2 hour sleep loss). □ I can hardly read at all because of severe pain in my neck. □ I can hardly disturbed (3-5 hours sleep loss). □ I can hardly read at all because of moderate pain in my neck. □ I can engage in all recreational activities with no neck pain at all hardly and pain in my neck. □ I can engage in most but not all of my usual recreational activities with some pain in my neck. □ I can hardly do any recreational activities with some pain in my neck. □ I can hardly do any recre	Section 2—Personal Care (Washing, Dressing, Etc.)	Section 7—Work
□ It is painful to look after myself and I am slow and careful. □ I can do most of my usual work. □ I need some help but manage most of my personal care. □ I cannot do my usual work. □ I need help every day in most aspects of self care. □ I can hardly do any work at all. □ I can to do my usual work. □ I can hardly do any work at all. □ Section 3—Lifting □ Section 8—Driving □ I can lift heavy weights without extra pain. □ I can drive my car without any neck pain. □ Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned, ego na table. □ I can five my car as long as I want with moderate pain in my neck. □ I can five my veright weights. □ I can five my car as long as I want with moderate pain in my neck. □ I can five my very light weights. □ I can five my car as long as I want with moderate pain in my neck. □ I can five my very light weights. □ I can five my car as long as I want with moderate pain in my neck. □ I can five my very light weights. □ I can five my car as long as I want with moderate pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can five my car as long as I want with moderate pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read in the neck pain in my neck.	☐ I can look after myself normally without causing extra pain.	\square I can do as much as I want to.
□ I need some help but manage most of my personal care. □ I need help every day in most aspects of self care. □ I do not get dressed, wash with difficulty and stay in bed. □ I can hardly do any work at all. □ I can hardly do any work at all. □ I can hardly do any work at all. □ I can lift heavy weights without extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I can lift only very light weights. □ I cann lift or carry anything at all. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want with moderate pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can engage in all recreational activities with no neck pain at all law on headache at all. □ I have no headache which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have beadaches almost all the time. □ I can hardly do	$\ \square$ I can look after myself normally but it causes me extra pain.	\square I can only do my usual work but no more.
□ I need help every day in most aspects of self care. □ I do not get dressed, wash with difficulty and stay in bed. Section 3—Lifting □ I can lift heavy weights without extra pain. □ I can lift heavy weights without extra pain. □ I can lift heavy weights but it gives extra pain. □ Pain prevents me from lifting heavy weights off the floor, but can manage if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I can lift only very light weights. □ I can lift only very light weights. □ I cannot lift or carry anything at all. Section 4—Reading □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want with moderate pain in my neck. □ I can read as much as I want with moderate pain in my neck. □ I can read as much as I want with moderate pain in my neck. □ I can hardly dirve at all because of severe pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can bradly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can engage in all recreational activities with no neck pain in my neck. □ I	☐ It is painful to look after myself and I am slow and careful.	☐ I can do most of my usual work but no more.
□ I do not get dressed, wash with difficulty and stay in bed. Section 3—Lifting □ I can lift heavy weights without extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I can lift only very light weights. □ I can there we can as long as I want with moderate pain in my neck. □ I can lift only very light weights. □ I can the weights if they are conveniently positioned. □ I can lift only very light weights. □ I can the weights in they are conveniently positioned. □ I can lift only very light weights. □ I can the weights in they are conveniently positioned. □ I can lift only very light weights. □ I can the weights in they are conveniently positioned. □ I can lift only very light weights. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can very at all. Section 9—Sleeping □ I have no trouble sleeping. □ I have no trouble sleeping. □ I have not trouble sleeping. □ I have no head at all because of severe pain in my neck. □ I can hardly disturbed (1-2 hour sleep loss). □ Wy sleep is middly disturbed (2-3 hours sleep loss). □ Wy sleep is greatly disturbed (3-5 hours sleep loss). □ Wy sleep is completely disturbed (3-5 hours sleep loss). □ I can hardly disturbed (3-5 hours sleep loss). □ I can engage in all recreational activities with no neck pain at all I can engage in most but not all of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activities at all. □ I	$\hfill\Box$ I need some help but manage most of my personal care.	☐ I cannot do my usual work.
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□ I can lift heavy weights without extra pain. □ I can lift heavy weights but it gives extra pain. □ I can lift heavy weights but it gives extra pain. □ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I can lift only very light weights. □ I cannot lift or carry anything at all. Section 4—Reading □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can bardly disturbed (less than I hour sleep loss). □ I can hardly read at all. □ I have no headache at all. □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have moderate headaches which come frequently. □ I have headaches almost all the time. □ I have headaches almost all the time. □ I can hardly do any recreational activities with some pain in my neck. □ I can hardly do any recreational activities at all.	$\hfill\Box$ I do not get dressed, wash with difficulty and stay in bed.	☐ I can't do any work at all.
□ I can lift heavy weights but it gives extra pain. □ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can read as much as I want to with moderate pain in my neck. □ I can hardly disturbed (1-2 hour sleep loss). □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly disturbed (2-3 hours sleep loss). □ My sleep is greatly disturbed (3-5 hours sleep loss). □ My sleep is greatly disturbed (5-7 hours sleep loss). □ I have no headache at all. □ I have sleph the adaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activities because of pain in my neck. □ I can hardly do any recreational activities at all.	Section 3—Lifting	Section 8—Driving
□ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg on a table. □ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned. □ I can lift only very light weights. □ I cannot lift or carry anything at all. Section 4—Reading □ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can't drive my car at all. Section 1 can read as much as I want to with slight pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can't drive my car at all. Section 9—Sleeping □ I can read as much as I want to with slight pain in my neck. □ I have not rouble sleeping. □ I can read as much as I want because of moderate pain in my neck. □ I can read as much as I want because of moderate pain in my neck. □ I can hardly disturbed (1-2 hour sleep loss). □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can negage is moderately disturbed (2-3 hours sleep loss). □ I can negage in all recreation □ I have no headache at all. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have headaches almost all the time. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activities obecause of pain in my neck. □ I can hardly do any recreational activities at all.	☐ I can lift heavy weights without extra pain.	\square I can drive my car without any neck pain.
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□ I can read as much as I want to with no pain in my neck. □ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want with moderate pain in my neck. □ I can read as much as I want with moderate pain in my neck. □ I can't read as much as I want because of moderate pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I cannot read at all. □ I have no trouble sleeping. □ I want because of severe pain in my neck. □ My sleep is middly disturbed (1-2 hour sleep loss). □ My sleep is greatly disturbed (3-5 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ I can engage in all recreation □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in most but not all of my usual recreational activities because of pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activities at all.	☐ I cannot lift or carry anything at all.	☐ I can't drive my car at all.
□ I can read as much as I want to with slight pain in my neck. □ I can read as much as I want with moderate pain in my neck. □ I can't read as much as I want because of moderate pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I cannot read at all. □ I cannot read at all. □ I have no headache at all. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can hardly do any recreational activities at all. □ I can hardly do any recreational activities at all. □ I can hardly do any recreational activities at all. □ I can hardly do any recreational activities at all.	Section 4—Reading	Section 9—Sleeping
□ I can read as much as I want with moderate pain in my neck. □ I can't read as much as I want because of moderate pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I can hardly read at all because of severe pain in my neck. □ I cannot read at all. □ I have no headache □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in all recreational activities with non neck pain at all activities because of pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activities at all.	\square I can read as much as I want to with no pain in my neck.	☐ I have no trouble sleeping.
□ I can't read as much as I want because of moderate pain in my neck. □ My sleep is moderately disturbed (2-3 hours sleep loss). □ I can hardly read at all because of severe pain in my neck. □ My sleep is greatly disturbed (3-5 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ I have no headache □ I have no headache at all. □ I can engage in all recreational activities with no neck pain at all □ I have moderate headaches which come infrequently. □ I can engage in all recreational activities with some pain in my neck. □ I can engage in most but not all of my usual recreational activities because of pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.	\square I can read as much as I want to with slight pain in my neck.	\square My sleep is slightly disturbed (less than 1 hour sleep loss).
□ I can hardly read at all because of severe pain in my neck. □ I cannot read at all. □ My sleep is greatly disturbed (3-5 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ My sleep is completely disturbed (5-7 hours sleep loss). □ I have no headache □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in all recreational activities with some pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.	$\hfill\Box$ I can read as much as I want with moderate pain in my neck.	\square My sleep is mildly disturbed (1-2 hour sleep loss).
□ I cannot read at all. □ My sleep is completely disturbed (5-7 hours sleep loss). Section 5—Headache □ I have no headache at all. □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in most but not all of my usual recreational activities because of pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.	$\hfill\Box$ I can't read as much as I want because of moderate pain in my neck.	\square My sleep is moderately disturbed (2-3 hours sleep loss).
Section 5—Headache I have no headache at all. I have slight headaches which come infrequently. I have moderate headaches which come infrequently. I have moderate headaches which come frequently. I have moderate headaches which come frequently. I have severe headaches which come frequently. I have headaches almost all the time. Section 10—Recreation I can engage in all recreational activities with some pain in my neck. I can engage in most but not all of my usual recreational activities because of pain in my neck. I can engage in a few of my usual recreational activities because of pain in my neck. I can hardly do any recreational activities at all.	\square I can hardly read at all because of severe pain in my neck.	\square My sleep is greatly disturbed (3-5 hours sleep loss).
□ I have no headache at all. □ I have slight headaches which come infrequently. □ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in all recreational activities with some pain in my neck. □ I can engage in most but not all of my usual recreational activities because of pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.	☐ I cannot read at all.	☐ My sleep is completely disturbed (5-7 hours sleep loss).
☐ I have slight headaches which come infrequently. ☐ I have moderate headaches which come infrequently. ☐ I have moderate headaches which come frequently. ☐ I have severe headaches which come frequently. ☐ I have severe headaches which come frequently. ☐ I have headaches almost all the time. ☐ I can engage in all recreational activities with some pain in my neck. ☐ I can engage in most but not all of my usual recreational activities because of pain in my neck. ☐ I can engage in a few of my usual recreational activities because of pain in my neck. ☐ I can hardly do any recreational activity because of pain in my my neck. ☐ I can hardly do any recreational activities at all.	Section 5—Headache	Section 10—Recreation
□ I have moderate headaches which come infrequently. □ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in most but not all of my usual recreational activities because of pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.	\square I have no headache at all.	\square I can engage in all recreational activities with no neck pain at all
□ I have moderate headaches which come frequently. □ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in most but not all of my usual recreational activities because of pain in my neck. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.	\square I have slight headaches which come infrequently.	$\hfill\Box$ I can engage in all recreational activities with some pain in my
□ I have severe headaches which come frequently. □ I have headaches almost all the time. □ I can engage in a few of my usual recreational activities because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.	\square I have moderate headaches which come infrequently.	neck.
☐ I have headaches almost all the time. ☐ I can engage in a few of my usual recreational activities because of pain in my neck. ☐ I can hardly do any recreational activity because of pain in my my neck. ☐ I can hardly do any recreational activities at all.	\square I have moderate headaches which come frequently.	\square I can engage in most but not all of my usual recreational
because of pain in my neck. □ I can hardly do any recreational activity because of pain in my my neck. □ I can hardly do any recreational activities at all.		activities because of pain in my neck.
my neck. □ I can hardly do any recreational activities at all.	☐ I have headaches almost all the time.	•
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3.40000.403	Comments	☐ I can hardly do any recreational activities at all.