

Name: _____

Date: _____ **CERVICAL**

Instructions: Please answer each Section by circling **ONLY ONE CHOICE** that most closely describes how your neck or arm pain makes you feel *right now*.

SECTION 1--Pain Intensity (circle only one)

- 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 2--Personal Care (washing, dressing, etc.) (circle only one)

- 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, wash with difficulty and stay in bed.

SECTION 3—Lifting (circle only one)

- 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, but I can manage if conveniently positioned, for example, on a table.
- D. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- E. I can lift only very light weights.
- F. I cannot lift or carry anything at all..

SECTION 4 –Reading (circle only one)

- 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 with moderate pain in my neck.
- D. I can't read as much as I want because of moderate neck pain.
- E. I can hardly read at all because of severe pain in my neck.
- F. I cannot read at all.

SECTION 5—Headaches (circle only one)

- 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 6 – Concentration (circle only one)

- 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 in concentrating when I want to.
- D. I have a lot of difficulty in concentrating when I want to.
- E. I have a great deal of difficulty in concentrating when I want to.
- F. I cannot concentrate at all.

SECTION 7—Work (circle only one)

- A. I can do as much work as I want to.
- B. I can 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 can't do any work at all.

SECTION 8—Driving (circle only one)

- 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 neck pain.
- E. I can hardly drive at all because of severe pain in my neck.
- F. I cannot drive my car at all.

SECTION 9—Sleeping (circle only one)

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

SECTION 10—Recreation (circle only one)

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

Please mark an X on the line in the area which best indicates your current level of neck pain:



Please mark an X on the line in the area which best indicates your current level of arm pain:



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NDI=
VN=
VA=