

Mountain View Chiropractic

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NECK INDEX

Pain Intensity

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

Personal Care

1. I can look after myself without causing extra pain
2. I can look after myself normally but it causes extra pain
3. It is painful to look after myself and I am slow and careful
4. I need some help but manage most of my personal care
5. I need help everyday in most aspects of self care
6. I do not get dressed, wash with difficulty and stay in bed

Lifting

1. I can lift heavy weights without extra pain
2. I can lift heavy weights but it gives me extra pain
3. Pain prevents me from lifting heavy objects off the floor, but I can manage if it is conveniently positioned (on a table)
4. Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
5. I can lift very light weights
6. I cannot lift or carry anything at all

Reading

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

Headaches

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

Concentration

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

Work

1. I can do as much work as I want to
2. I can only do my usual work but no more
3. I can only do **MOST** of my usual work, but no more
4. I cannot do my usual work
5. I can hardly do any work at all
6. I cannot do any work at all

Driving

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

Sleeping

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

Recreation

1. I am able to engage in all my recreational activities without neck pain at all
2. I am able to engage in all my recreational activities with some neck pain
3. I am able to engage in most, but not all of my usual recreational activities because of pain in my neck
4. I have neck pain with most recreational activities
5. I can hardly do any recreational activities because of pain in my neck
6. I cannot do any recreational activities at all