

The Back Disability Index

Patient name: _____ File# _____ Date: _____

Please read instructions:

This questionnaire has been designed to give the doctor information as to how your neck pain has affected your ability to manage everyday life. Please answer every section and mark in each section only the ONE box that applies to you. We realize that you may consider that two of the statements in any one section relate to you, but please just mark the box that most closely describes your problem.

SECTION 1-PAIN INTENSITY

- I have no pain at this moment.
- The pain is mild at this moment.
- The pain comes and goes and is moderate.
- The pain is fairly severe at this moment.
- The pain is severe at this moment.
- The pain is the worst imaginable right now.

SECTION 2-RECREATION (Washing, Dressing, etc.)

- I am able to engage in all my recreational activities without pain.
- I am able to engage in all my usual activities with some pain.
- I am able to engage in most but not all of my usual activities.
- I am only able to engage in a few of my usual activities.
- I can hardly do any recreational activities because of back pain.
- I cannot do any recreational activities at all.

SECTION 3-READING

- I can read as much as I want with no pain.
- I can read as much as I want with slight pain.
- I can read as much as I want with moderate pain.
- I cannot read as much as I want because of moderate pain.
- I can hardly read at all because of severe pain.
- I cannot read at all because of pain.

SECTION 4-CONCENTRATION

- I can concentrate fully when I want with no difficulty.
- I can concentrate fully when I want with slight difficulty.
- I have a fair degree of difficulty concentrating when I want.
- I have a lot of difficulty concentrating when I want.
- I have a great deal of difficulty concentrating when I want.
- I cannot concentrate at all.

SECTION 5-WORK

- I can do as much work as I want.
- I have slight headaches that come infrequently.
- I can only do my usual work but no more.
- I can only do most of my usual work, but no more.
- I cannot do my usual work.
- I can hardly do any work.
- I cannot do any work at all.

SECTION 6-PERSONAL CARE

- I can look after myself normally without causing pain.
- I can look after myself normally but it causes extra pain.
- It is painful to look after myself and I am slow & careful.
- I need some help but I manage most of my care.
- I need help everyday in most aspects of self-care.
- I don't dress, I wash with difficulty and stay in bed.

SECTION 7-LIFTING

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes extra pain.
- Pain prevents me from lifting heavy objects, but I can manage.
- Pain prevents me from lifting heavy objects, only lightly weighted.
- I can only lift very light weights.
- I cannot lift or carry anything at all.

SECTION 8-DRIVING

- I can drive my car without any pain.
- I can drive my car as long as I want with slight pain.
- I can drive my car as long as I want with moderate pain.
- I cannot drive my car as long as I want because of moderate pain.
- I can hardly drive at all because of pain.
- I cannot drive at all because of pain.

SECTION 9-SLEEPING

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

SECTION 10-CHANGING DEGREE OF PAIN

- My pain is rapidly getting better.
- My pain fluctuates but overall is definitely getting better.
- My pain seems to be getting better, but improvement is slow.
- My pain is neither getting better or worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

To the best of my knowledge the preceding answers to the questions on this form are the complete truth regarding my current health complaints.

Print Name: _____ Signature: _____ Date: _____