

# Neck Disability Index (NDI)

Category: Orthopaedics, Pain, MSK | Items: 10 | Time: ~2-3 min

## Description / When to Use

Self-reported neck-pain functional disability

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2-3 min.

## Scale Items

### 1. Pain intensity

0 = 0 — None | 1 = 1 — Very mild | 2 = 2 — Moderate | 3 = 3 — Fairly severe | 4 = 4 — Very severe | 5 = 5 — Worst imaginable

### 2. Personal care

0 = 0 — Normal | 1 = 1 — Normal but painful | 2 = 2 — Slow & careful | 3 = 3 — Need some help | 4 = 4 — Need help daily | 5 = 5 — Cannot wash / dress

### 3. Lifting

0 = 0 — Heavy without extra pain | 1 = 1 — Heavy with extra pain | 2 = 2 — Cannot lift heavy off floor | 3 = 3 — Light-medium if positioned | 4 = 4 — Very light only | 5 = 5 — Cannot lift at all

### 4. Reading

0 = 0 — As much as I want, no pain | 1 = 1 — Slight pain | 2 = 2 — Moderate pain | 3 = 3 — Cannot read for long | 4 = 4 — Hardly read because of pain | 5 = 5 — Cannot read at all

### 5. Headaches

0 = 0 — None | 1 = 1 — Slight, infrequent | 2 = 2 — Moderate, infrequent | 3 = 3 — Moderate, frequent | 4 = 4 — Severe, frequent | 5 = 5 — Almost all the time

### 6. Concentration

0 = 0 — Full concentration, no difficulty | 1 = 1 — Slight difficulty | 2 = 2 — Fair difficulty | 3 = 3 — A lot of difficulty | 4 = 4 — Great deal | 5 = 5 — Cannot concentrate at all

### 7. Work

0 = 0 — As much as I want | 1 = 1 — Usual work only | 2 = 2 — Most of my usual work | 3 = 3 — Cannot do usual work | 4 = 4 — Hardly any work | 5 = 5 — Cannot work at all

### 8. Driving (omit if N/A)

0 = 0 — Without neck pain | 1 = 1 — Slight pain | 2 = 2 — Moderate pain | 3 = 3 — Cannot drive long | 4 = 4 — Hardly drive at all | 5 = 5 — Cannot drive

### 9. Sleeping

0 = 0 — No trouble | 1 = 1 — Slightly disturbed (< 1 h) | 2 = 2 — Mildly disturbed (1–2 h) | 3 = 3 — Moderately (2–3 h) | 4 = 4 — Greatly (3–5 h) | 5 = 5 — Completely (5–7 h)

### 10. Recreation

0 = 0 — All activities, no pain | 1 = 1 — All but with some pain | 2 = 2 — Most | 3 = 3 — Few | 4 = 4 — Hardly any | 5 = 5 — None

## Scoring Guide

Sum all 10 items. Total range 0-50.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0–4	No disability (0–8%)	Pain has minimal interference with activities.
5–14	Mild disability (10–28%)	Pain moderately affects daily activities; consider conservative care.
15–24	Moderate disability (30–48%)	Pain interferes substantially; structured rehabilitation indicated
25–34	Severe disability (50–68%)	Major impairment; multidisciplinary management.
35–50	Complete disability (70–100%)	Bed-bound or exaggerating; thorough evaluation.

## Psychometric Properties

See original validation study for reliability and validity data.

## License

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Attribution: Vernon H, Mior S. The Neck Disability Index. J Manipulative Physiol Ther. 1991;14(7):409-415.

## Citation (APA Format)

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*Disclaimer: Multiply raw score by 2 to get the conventional NDI percentage.*