

Please note:

If you have back or leg pain, the following questionnaire may seem like a duplicate. It is not, however. Please complete it in full. Thank you.

Evaluation and Treatment of Acute
and Chronic Pain Disorders
Interventional Pain Management
Spinal Pain, Cancer Pain
Pain Fellowship Trained, Board Certified

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Name _____ Today's Date _____

Neck Pain Questionnaire

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

Section 1 Pain Intensity

- 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 very severe at the moment.
- The pain is the worst imaginable at the moment.

Section 2 Personal Care (Washing, Dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself, but it causes 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 help every day in most aspects of self-care.
- I do not get dressed because of difficulty and stay in bed.

Section 3 Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights, but it gives me extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- I can lift 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 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 cannot read at all.

Section 5 Headaches

- _____ I have no headaches 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 severe headaches which come frequently.
- _____ I have headaches almost all the time.

Section 6 Concentration

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

Section 7 Work

- _____ I can do as much work as I want to.
- _____ I can only do my usual work, but no more.
- _____ I can do most of my usual work, but no more.
- _____ I cannot do my usual work.
- _____ I can hardly do any work at all.
- _____ I can't do any work at all.

Section 8 Driving

- _____ I can drive my car without any neck pain.
- _____ I can drive my car as long as I want with slight neck pain.
- _____ I can drive my car as long as I want with moderate neck pain.
- _____ I can't drive my car as long as I want because of moderate pain in my neck.
- _____ I can hardly drive at all because of severe pain in my neck.
- _____ I can't drive my car at all.

Name _____ Today's Date _____

Section 9 Sleeping

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

Section 10 Recreation

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