



VAN BORN CHIROPRACTIC CLINIC, P.C.

23010 VAN BORN ROAD / DEARBORN HEIGHTS, MI 48125 / (313) 291-1080 / FAX (313) 291-1089

RENEE J. PETHTEL, D.C.
DONALD G. PETHTEL, D.C.

NECK DISABILITY INDEX

Name: _____

Exam Date: _____

Physician's Name: _____

Account # _____

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** which applies to you. We realize you may consider that two of the statements in any one section relate to you. **PLEASE JUST MARK THE ONE WHICH MOST CLEARLY DESCRIBES YOUR PROBLEM.** Please place your initials and date by any change you make.

Section 1 - Pain Intensity (mark only one)

- 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 (mark only one) (washing, dressing, etc.)

- I can look after myself normally, without causing extra pain.
- I can look after myself normally, 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; I wash with difficulty and stay in bed.

Section 3 - Lifting (mark only one)

- I can lift heavy weights without extra pain.
- I can lift heavy weights, but it causes 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 (mark only one)

- 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 (mark only one)

- I have no headaches at all.
- I have slight headaches that come infrequently.
- I have moderate headaches that come infrequently.
- I have moderate headaches that come frequently.
- I have severe headaches that come frequently.
- I have headaches almost all the time.

Section 6 - Concentration (mark only one)

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

Section 7 - Work (mark only one)

- I can do as much work as I want to.
- I can 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 (mark only one)

- I can drive my car without any neck pain.
- I can drive my car as long as I want, with slight pain in my neck.
- I can drive my car as long as I want, with moderate pain in my neck.
- 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.

Section 9 - Sleeping (mark only one)

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

Section 10 - Recreation (mark only one)

- 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 neck pain.
- 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 few of my 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.



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RENEE I. PETHTEL, D.C.
DONALD G. PETHTEL, D.C.

OSWESTRY DISABILITY INDEX

Name: _____

Exam Date: _____

Physician's Name: _____

Account # _____

Instructions: This questionnaire has been designed to give the doctor information as to how your **BACK OR LEG** pain has affected your ability to manage everyday life. Please answer every section, and mark in each section **ONLY THE ONE** which applies to you. We realize you may consider that two of the statements in any one section relate to you. **PLEASE JUST MARK THE ONE WHICH MOST CLEARLY DESCRIBES YOUR PROBLEM.** Please place your initials and date by any change you make.

Section 1 - Pain Intensity (mark only one)

- 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.) (mark only one)

- I can look after myself normally without causing additional pain.
- I can look after myself normally but it is very painful.
- 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 my personal care.
- I do not get dressed, I wash with difficulty and stay in bed.

Section 3 - Lifting (mark only one)

- I can lift heavy weights without additional pain.
- I can lift heavy weights, but it gives me additional pain.
- Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g. on a table.
- Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- I can only lift very light weights.
- I cannot lift or carry anything at all.

Section 4 - Walking (mark only one)

- Pain does not prevent me from walking any distance.
- Pain prevents me from walking more than one mile.
- Pain prevents me from walking more than a quarter of a mile.
- Pain prevents me from walking more than 100 yards.
- I can only walk using a cane or crutches.
- I am in bed most of the time and have to crawl to the toilet.

Section 5 - Sitting (mark only one)

- I can sit in any chair as long as I like.
- I can sit in my favorite chair as long as I like.
- Pain prevents me from sitting for more than 1 hour.
- Pain prevents me from sitting for more than half an hour.
- Pain prevents me from sitting for more than 10 minutes.
- Pain prevents me from sitting at all.

Section 6 - Standing (mark only one)

- I can stand as long as I want without additional pain.
- I can stand as long as I want but it gives me additional pain.
- Pain prevents me from standing for more than 1 hour.
- Pain prevents me from standing for more than half an hour.
- Pain prevents me from standing for more than 10 minutes.
- Pain prevents me from standing at all.

Section 7 - Sleeping (mark only one)

- My sleep is never interrupted by pain.
- My sleep is occasionally interrupted by pain.
- Because of pain I have less than 6 hours sleep.
- Because of pain I have less than 4 hours sleep.
- Because of pain I have less than 2 hours sleep.
- Pain prevents me from sleeping at all.

Section 8 - Sex Life (if applicable) (mark only one)

- My sex life is normal and causes no additional pain.
- My sex life is normal but causes some additional pain.
- My sex life is nearly normal but is very painful.
- My sex life is severely restricted by pain.
- My sex life is nearly non-existent because of pain.
- Pain prevents me from having any sex life at all.

Section 9 - Social Life (mark only one)

- My social life is normal and causes me no additional pain.
- My social life is normal but increases the degree of pain.
- Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sports, etc.
- Pain has restricted my social life and I do not go out as often.
- Pain has restricted my social life to home.
- I have no social life because of pain.

Section 10 - Traveling (mark only one)

- I can travel anywhere without pain.
- I can travel anywhere but it gives me additional pain.
- Pain is bad but I am able to manage trips over two hours.
- Pain restricts me to trips of less than one hour.
- Pain restricts me to short necessary trips of under 30 minutes.
- Pain prevents me from traveling except to receive treatment.