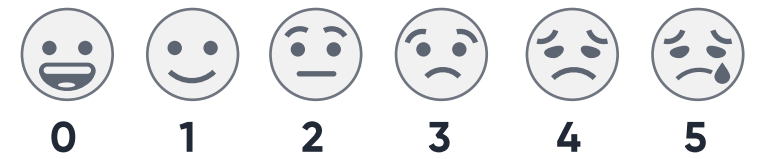


For each section below, please mark the box with a check  next to the number that most closely describes your current condition



### Pain intensity

- 0 - I have no neck pain at the moment.
- 1 - The pain is very mild at the moment.
- 2 - The pain is moderate at the moment.
- 3 - The pain is fairly severe at the moment.
- 4 - The pain is very severe at the moment.
- 5 - The pain is the worst imaginable at the moment.

### Personal Care (Washing, dressing, etc.)

- 0 - I can look after myself normally without causing extra neck pain.
- 1 - I can look after myself normally, but it causes extra neck pain.
- 2 - It is painful to look after myself and I am slow and careful.
- 3 - I need some help but manage most of my personal care.
- 4 - I need help every day in most aspects of self-care.
- 5 - I don't get dressed, I was with difficulty and stay in bed.

### Lifting

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

### Reading

- 0** - I can read as much as I want to with no neck pain.
- 1** - I can read as much as I want to with slight neck pain..
- 2** - I can read as much as I want with moderate neck pain.
- 3** - I cannot read as much as I want because of moderate neck pain.
- 4** - I can hardly read at all because of severe neck pain.
- 5** - I cannot read at all.

### Headaches

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

### Concentration

- 0** -I can concentrate fully without difficulty.
- 1** - I can concentrate fully with slight difficulty.
- 2** - I have a fair degree of difficulty concentrating.
- 3** - I have a lot of difficulty in concentrating.
- 4** - I have a great deal of difficulty in concentrating.
- 5** - I cannot concentrate at all.

### Work

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

### Driving

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

### Sleeping

- 0** - I have no trouble sleeping.
- 1** - My sleep is slightly disturbed for less than 1 hour.
- 2** - My sleep is mildly disturbed for up to 1-2 hours.
- 3** - My sleep is moderately disturbed for up to 2-3 hours
- 4** - My sleep is greatly disturbed for up to 3-5 hours.
- 5** - My sleep is completely disturbed for up to 5-7 hours.

### Recreation

- 0** - I am able to engage in all my recreational activities with no neck pain at all
- 1** - I am able to engage in all my recreational activities with some neck pain.
- 2** - I am able to engage in most, but not all of my usual recreational activities because of pain in my neck
- 3** - I am able to engage in only a few of my recreational activities because of neck pain.
- 4** - I can hardly do recreational activities due to neck pain.
- 5** - I cannot do any recreation activities due to neck pain.

## Calculate score to be entered into CohereNext

Add totals on bottom of each page to get overall total to use in calculation below

Page one total

Page two total

+  Page three total

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Overall total

Use overall total in formula below to calculate % disability to be entered into CohereNext

$$\text{Overall total} \div 50 \times 100 = \text{ *For CohereNext } \%$$

### Example

Here's an example calculation on how to use the formula above

Page one total  
 Page two total  
 +  Page three total  
 -----  
 Overall total

$$\text{41} \div \text{50} \times \text{100} = \text{82\%}$$

This is the final % disability number to be entered into CohereNext