**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 cannot 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 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**

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

**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 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 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 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 normally but it causes me 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**

* I can lift heavy weights without extra pain.
* I can lift heavy weights but it gives extra pain.
* Pain prevents me from lifting heavy weights off the floor.
* 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 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 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 do to the severity of pain.

**SECTION 10 – Recreation**

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