

# NECK FUNCTIONAL ASSESSMENT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** When your neck hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have neck pain. Some sentences may describe you today. When you read a sentence that describes you today, put an "X" in the box beside it. If it does not describe you today, leave the space beside it blank. *Check only sentences that describe you today.*

- I stay home most of the time, because of my neck.
- I change position frequently to try and get my neck more comfortable.
- I walk more slowly than usual, because of my neck.
- Because of my neck, I am not doing any of the jobs that I usually do around the house.
- Because of my neck, I use the handrail on stairs.
- Because of my neck, I lie down and rest more often.
- Because of my neck, I have to hold on to something to get out of an easy chair.
- I get dressed more slowly than usual because of my neck.
- Because of my neck, I try to get other people to do things for me.
- I only stand for short periods of time because of my neck.
- I find it difficult to get out of a chair because of my neck.
- Because of my neck, I try not to bend down.
- My neck is painful almost all of the time.
- I find it difficult to turn over in bed, because of my neck.
- My appetite is not good, because of my neck.
- I have trouble putting on my shoes and socks because of my neck.
- I walk only short distances, because of my neck.
- I sleep less because of my neck.
- Because of my neck pain, I get dressed with help from someone else.
- I sit down for most of the day, because of my neck.
- I avoid heavy jobs around the house, because of my neck.
- Because of my neck pain I am more irritable and bad tempered with people than usual.
- Because of my neck I go upstairs more slowly than usual.
- I stay in bed most of the time because of my neck.