

## The Copenhagen Neck Functional Disability Scale

Overview: The Copenhagen Neck Functional Disability Scale can be used to evaluate the disability experienced by patients with neck pain. The scores can be monitored over time to evaluate the disease course and response to any interventions.

Questions:

- (1) Can you sleep at night without neck pain interfering?
- (2) Can you manage daily activities without neck pain reducing activity levels?
- (3) Can you manage daily activities without help from others?
- (4) Can you manage putting on your clothes in the morning without taking more time than usual?
- (5) Can you bend over the washing basin in order to brush your teeth without getting neck pain?
- (6) Do you spend more time than usual at home because of neck pain?
- (7) Are you prevented from lifting objects weighing from 2-4 kilograms due to neck pain?
- (8) Have you reduced your reading activity due to neck pain?
- (9) Have you been bothered by headaches during the time that you have had neck pain?
- (10) Do you feel your ability to concentrate is reduced due to neck pain?
- (11) Are you prevented from participating in your usual leisure time activities due to neck pain?
- (12) Do you remain in bed longer than usual due to neck pain?
- (13) Do you feel that neck pain has influenced your emotional relationship with your nearest family?
- (14) Have you had to give up social contact with other people during the past two weeks due to neck pain?
- (15) Do you feel that neck pain will influence your future?

Direction of questions:

- "positive" (a yes indicates good function): 1-5
- "negative" (a yes indicates poor function): 6 - 12

Response	Points for "Positive" Directed	Points for "Negative" Directed
yes	0	2
occasionally	1	1
no	2	0

disability index = SUM(points for all 15 questions)

Interpretation:

- minimum score: 0
- maximum score: 30
- The higher the score the greater the disability.

References:

Jordan A Manniche C et al. The Copenhagen Functional Disability Scale: A study of reliability and validity. J Manipulative Physiological Therapeutics. 1998; 21: 520-527.