

Neck Disability Index

All ques ons refer to your limita ons/di cul es related to your injured Achilles tendon. Answer every ques on by grading your limita ons/symptoms from 0-10. Remer limita ons and 10= No limita ons).

0 = best 5 = worst

1. PAIN INTENSITY

2. PERSONAL CARE (WASHING/DRESSING)

3. LIFTING

4. Reading

5.Headache

6: Concentration

7. Work

8. Driving

9. Sleeping

10. Recreation

Comment:

Answering date:

Day 0 Month 0 Year 0

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