

# Myelopathy Disability Index

---

**1. Rising are you able to stand up from an armless straight chair?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**2. Rising are you able to get in and out of bed?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**3. Eating are you able to cut your meat?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**4. Eating are you able to lift a full cup or glass to your mouth?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**5. Walking are you able to walk outdoors on flat ground?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**6. Walking are you able to climb up five steps?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**7. Hygiene are you able to wash and dry your entire body?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**8. Hygiene are you able to get on and off the toilet?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**9. Grip are you able to: Open jars which have been previously opened?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

**10. Activities are you able to: Get in and out of a car?**

- ☐ Without ANY difficulty
- ☐ With SOME difficulty
- ☐ With MUCH difficulty / assistance required
- ☐ Unable to do

Comment:

Anwering date:

Day0Month0Year2015

submit