

Name_				
Date				

Myelopathy Disability Index

Rising are you able to stand up from an armles	s straight chair?	Walking are you able to climb up five steps?		
Without ANY difficulty		Without ANY difficulty		
With SOME difficulty		With SOME difficulty		
With MUCH difficulty / assistance required		With MUCH difficulty / assistance required		
Unable to do		Unable to do		
Rising are you able to get in and out of bed?	Hygiene are you able to wash and dry your entire body?			
Without ANY difficulty		Without ANY difficulty		
With SOME difficulty		With SOME difficulty		
With MUCH difficulty / assistance required		With MUCH difficulty / assistance required		
Unable to do		Unable to do		
Eating are you able to cut your meat?		Hygiene are you able to get on and off the toile	t?	
Without ANY difficulty		Without ANY difficulty		
With SOME difficulty		With SOME difficulty		
With MUCH difficulty / assistance required		With MUCH difficulty / assistance required		
Unable to do		Unable to do		
Eating are you able to lift a full cup or glass to	your mouth?	Grip are you able to:Open jars which have been previously opened?		
Without ANY difficulty		-		
With SOME difficulty		Without ANY difficulty		
With MUCH difficulty / assistance required		With SOME difficulty		
Unable to do		With MUCH difficulty / assistance required		
Walking are you able to walk outdoors on flat s	oround?	Unable to do		
walking are you able to walk outdoors on hat g		Activities are you able to:Get in and out of a ca	ar?	
Without ANY difficulty		Without ANY difficulty		
With SOME difficulty		With SOME difficulty		
With MUCH difficulty / assistance required		With MUCH difficulty / assistance required		
Unable to do		Unable to do	\Box	
Casey ATH, Bland JM, Crockard HA. Development of a system for rheumatoid arthritis patients with cervical my Rheum Dis 1996;55:901-906		Chable to do		