



11. Does your neck discomfort **INTERFERE** with:

nothing work bending sitting driving standing walking daily routine  
getting up from chair sleep looking down or up

other: \_\_\_\_\_

12. What **AGGRAVATES** your neck discomfort?

nothing bending reaching pushing climbing reaching sitting driving water bed  
coughing sneezing lifting blowing nose squatting soft chair

other: \_\_\_\_\_

YES NO 13. Are you experiencing a **LOSS OF STRENGTH** in arms, fingers or wrists?

14. Have you recently made any major **LIFESTYLE CHANGES** such as?

changed beds chairs that you frequently sit in home furniture office furniture changed job  
seperation divorce widowed sudden stress nothing new change in weight change in exercise

other: \_\_\_\_\_

15. Pick the words that most closely describes your **NECK SYMPTOM(S)**.

not painful, but feels different uncomfortable achy dull pain deep pain pins and needles  
constant pain stiff feeling catching very stiff feeling sudden sharp stabs  
electrical shock numbness grabbing shooting pain burning pain

other: \_\_\_\_\_

16. Pick the word(s) that most closely describes how your **NECK FEELS**.

neck feels tight pain with movement neck motion is stopped by pain neck cramps or spasms  
can't stand straight neck feels weak or unstable with movement  
neck joints make noises: pop, grind, click neck catches or grabs with movement

other: \_\_\_\_\_

17. Have your present neck **SYMPTOMS VARIED** in:

no variations location of discomfort intensity frequency of discomfort alteration of discomfort

other: \_\_\_\_\_

18. Indicate when you noticed your present neck symptoms.

began overnight on getting out of bed on bending over driving twisting  
woke up with pain with physical exertion fall lifting sudden movement  
misstep with usual daily activities sudden onset, no reason cough/sneeze

Specific injury: \_\_\_\_\_ other: \_\_\_\_\_

19. What **RELIEVES** your neck pain?

nothing stretches standing walking  
ice sitting medication laying on your back with legs elevated  
laying on your stomach standing in a stooped posture heat physical activity  
massage curling up into ball exercise

other: \_\_\_\_\_

20. **BEFORE** having your present condition were you experiencing?

No prior symptoms

occasional catches or jabs

neck pain with exercise

painful to vaccum

ache to stand and wash at kitchen sink

pain to stand in line for short periods of time

neck has felt weak or lacked strength, but has never pained or locked until now

bending forward has always been difficult, looking down causes pain

other:

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Comments and additional Information:

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