

Name \_\_\_\_\_

Date \_\_\_\_\_

## Myelopathy Disability Index

### 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

### 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

### Eating are you able to cut your meat?

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

### 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

### Walking are you able to walk outdoors on flat ground?

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

### Walking are you able to climb up five steps?

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

### 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

### 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

### 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

### 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