Spine Tango COMI
Patient self-assessment

Neck problems can lead to neck pain and/or pain in the arm/shoulder region, as well as to sensory disturbances such as tingling, 'pins and needles' or numbness in any of these regions.

1. Which of the following problems troubles you the most? Please tick ONE BOX only.
   - neck pain
   - arm/shoulder pain
   - sensory disturbances in the neck/shoulder, e.g. tingling, 'pins and needles', numbness
   - none of the above

2. For the following 2 questions (2a and 2b) we would like you to indicate the severity of your pain, by ticking the appropriate box (where "0" = no pain, "10" = worst pain you can imagine). There are separate questions for neck pain and for arm/shoulder pain.
   2a. How severe was your neck pain in the last week?
      - no pain
      - worst pain that I can imagine
   2b. How severe was your arm/shoulder pain in the last week?
      - no pain
      - worst pain that I can imagine

3. During the past week, how much did your neck problem interfere with your normal work (including both work outside the home and housework)?
   - not at all
   - a little bit
   - moderately
   - quite a bit
   - extremely

4. If you had to spend the rest of your life with the symptoms you have right now, how would you feel about it?
   - very satisfied
   - somewhat satisfied
   - neither satisfied nor dissatisfied
   - somewhat dissatisfied
   - very dissatisfied

5. Please reflect on the last week. How would you rate your quality of life?
   - very good
   - good
   - moderate
   - bad
   - very bad

Please go to the next page...
6. **During the past 4 weeks**, how many days did you cut down on the things you usually do (work, housework, school, recreational activities) because of your neck problem?
   - none
   - between 1 and 7 days
   - between 8 and 14 days
   - between 15 and 21 days
   - more than 21 days

7. **During the past 4 weeks**, how many days did your neck problem keep you from going to work (job, school, housework)?
   - none
   - between 1 and 7 days
   - between 8 and 14 days
   - between 15 and 21 days
   - more than 21 days

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**Answer the following questions only if you are completing this questionnaire AFTER the operation**

8a. Did any complications arise as a consequence of your operation in our hospital (e.g. problems with wound healing, paralysis, sensory disturbances)?
   - no
   - yes, please describe these: .................................................................

8b. How bothersome were these complications?
   - not at all bothersome
   - slightly bothersome
   - moderately bothersome
   - very bothersome
   - extremely bothersome

9. Since the operation in our hospital, have you had any further operation(s) on your cervical spine (neck) in our or in other hospitals?
   - no
   - yes, but at a different level of the spine.
   - yes, at the same level of the spine (same segment)

10. Overall, how much did the operation in our hospital help your neck problem?
    - helped a lot
    - helped
    - helped only little
    - didn't help
    - made things worse

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    - helped a lot
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**Signature:.................................................................**