



Appendix

Appendix 2: Questionnaire about pain in the cervical spine.

Center for Medical and Surgical Research (CIMEQ).

Service of Physical Medicine and Rehabilitation.

QUESTIONNAIRE ABOUT PAIN IN THE CERVICAL SPINE.

The following questionnaire is anonymous and the data has scientific and health care interest. We are interested in its valuable opinions about the pain in cervical spine; it deals with aspects relating to pain in the body region they are reported. This information is very valuable because we will know the problem in question to a greater degree so that we can help better our patients or prevent a chronic process in others. We thank you in advance for agreeing to participate in this epidemiological research and work on it.

1. Age: _____ years old
2. Sex: Female____ Male____
3. Have you had any pain cervical spine crisis during your lifetime?
Yes ____ No ____
At what age did you have the first crisis? ____
4. How is your sleep?
Restorative: ____ Enough ____ Little Sleep____
5. In which posture do you sleep?
Prostate: ____ Supine: ____ Side ____:
Not stated: ____
6. What kind of pillow do you use?
Soft: ____ Hard: ____ Firm: ____
Thin: ____ Thick: ____
Do not use pillow: ____
7. What kind of mattress do you use?
Soft: ____ Hard: ____ Firm: ____
8. Are you considered a stressed person?
____ Yes ____ No ____ Do not know
9. How is stress manifested in you?
Insomnia ____ Muscle Contracture ____ Irritability____
Nervousness ____ Restlessness ____ Body Pain____
Tiredness ____ Neck Discomfort ____ Do not know____
10. What factors, in your opinion, will cause neck pain?

___ Physical stress at work

___ Mental or emotional overburden at work

___ Physical overburden in domestic life

___ Mental or emotional overburden in the family.

Other: (Describe)