

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Today's Date: \_\_\_\_\_

**UPENN SHOULDER SCALE**

Please **circle the number** closest to you level of pain

Pain at rest with your arm by your side

0 1 2 3 4 5 6 7 8 9 10  
 No Pain Worst Pain Possible

Pain with normal activity (eating, dressing, bathing, etc)

0 1 2 3 4 5 6 7 8 9 10  
 No Pain Worst Pain Possible

Pain with strenuous activities (reaching, lifting, pushing, pulling, throwing)

0 1 2 3 4 5 6 7 8 9 10  
 No Pain Worst Pain Possible  
 Clinic Use Only: 30 - \_\_\_\_\_ = \_\_\_\_\_ / 30

Please **circle the number** closest to you level of satisfaction

How satisfied are you with the current level of function of your shoulder?

0 1 2 3 4 5 6 7 8 9 10  
 Not Satisfied Very Satisfied

Clinic Use Only: Total \_\_\_\_\_ / 10

Please **circle the number** that best applies to your ability to:

(3= No difficulty, 2= Some difficulty, 1 = Much Difficulty, 0 = Can't do it at all, x = Didn't do before injury)

Reach the small of your back to tuck in your shirt with hand:	3	2	1	0	X
Wash middle of back / Hook bra:	3	2	1	0	X
Perform necessary toileting activities:	3	2	1	0	X
Wash the back of the opposite shoulder:	3	2	1	0	X
Comb Hair:	3	2	1	0	X
Place hand behind head with elbow held straight out to side:	3	2	1	0	X
Dress self (including put on a coat and pull off shirt overhead):	3	2	1	0	X
Sleep on affected side:	3	2	1	0	X
Open a door with affected side:	3	2	1	0	X
Carry a bag of groceries with affected arm:	3	2	1	0	X
Carry a briefcase or small suitcase with affected arm:	3	2	1	0	X
Place a soup can (1-2lbs) on a shelf at shoulder height:	3	2	1	0	X
Place a gallon container (8-10lbs) on a shelf at shoulder height:	3	2	1	0	X
Reach a shelf above your head without bending elbow:	3	2	1	0	X
Place a soup can (1-2lbs) on shelf above head:	3	2	1	0	X
Place gallon container (8-10lbs) on shelf above head:	3	2	1	0	X
Perform usual sport / hobby:	3	2	1	0	X
Perform household chores (cooking, cleaning, laundry):	3	2	1	0	X
Throw overhand, swim, or overhead racquet sports:	3	2	1	0	X
Work full-time at regular job:	3	2	1	0	X

Clinic Use Only: Total \* \_\_\_\_\_ / 60

MCID = 11 points, MDC (90% CI) = 12 points

Leggin et al., JOSPT 2006

Total Score \_\_\_\_\_/100

\* If pt. marked an X \* Total points gained = A, # of X's times 3 = B, 60 - B = C, A ÷ C = \_\_\_\_\_ x 60 = Function Score