

OXFORD SHOULDER SCORE

Name:

Date:

During the past four weeks

1) How would you describe the worst pain you had from your shoulder?

- None
- Mild
- Moderate
- Severe
- Unbearable

7) Could you brush/comb your hair with the affected arm?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

2) Have you had any trouble dressing yourself because of your shoulder?

- No trouble at all
- Little trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

8) How would you describe the pain you usually have from your shoulder?

- None
- Very mild
- Mild
- Moderate
- Severe

3) Have you had any trouble getting in and out of a car or using public transport because of your shoulder? (whichever you tend to use)

- No trouble at all
- Very little trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

9) Could you hang your clothes up in a wardrobe, using the affected arm?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With great difficulty
- No, impossible

4) Have you been able to use a knife and fork – at the same time?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

10) Have you been able to wash and dry yourself under both arms?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With great difficulty
- No, impossible

5) Could you do the household shopping on your own?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

11) How much has pain from your shoulder interfered with your usual work (including housework)?

- Not at all
- A little bit
- Moderately
- Greatly
- Totally

6) Could you carry a tray containing a plate of food across a room?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

12) Have you been troubled by pain from your shoulder in bed at night?

- No nights
- Only 1 or 2 nights
- Some nights
- Most nights
- Every night

Score: /48