

Croft Disability Questionnaire

Part 1

When your shoulder hurts, you may find it difficult to do some of the things you normally do. This list contains some sentences that people have used to describe themselves when they have trouble with their shoulder. When you read them you may find that some stand out because they describe you **today**. As you read them, think of yourself **today**. When you read a sentence that describes you **today**, please tick the box. If the sentence does not describe you, then remove the tick in the box and go on to the next one. Please only tick the YES box for a sentence if you are sure that it describes you **today**.

Because of pain in my shoulder, I move my arm or hand with some difficulty.

I do not bath myself completely because of my shoulder.

Because of my shoulder trouble, I get dressed with help from someone else.

I get dressed more slowly than usual because of my shoulder.

Because of my shoulder trouble, I fasten my clothing with some difficulty (eg buttons, zips, shoelaces or bra).

I have trouble putting on a jumper, shirt, blouse or jacket because of my shoulder problem.

Because of my shoulder problem, I change position frequently in bed at night.

I cannot lie on my right side at night because of my shoulder.

I cannot lie on my left side at night because of my shoulder.

I stay at home most of the time because of my shoulder problem.

Because of my shoulder problem, I do less of the daily household jobs than I would usually do.

I avoid heavy jobs around the house because of my shoulder trouble.

Because of my shoulder, I do not carry any shopping.

Because of my shoulder trouble, I am cutting down on some of my usual sports or more active pastimes.

Because of my shoulder trouble, I am not doing any of my usual physical recreation or more

active pastimes.

Because of my shoulder, I try to get other people to do things for me.

My shoulder makes me more irritable and bad tempered with people than usual.

Because of my shoulder, I have more minor accidents (eg dropping things).

I sleep less well because of my shoulder.

Because of my shoulder, I rest more often during the day.

My appetite is not very good because of my shoulder problem.

Because of my shoulder, I have trouble writing or typing.

Score: 1 point for each 'yes'

Minimal level of detectable change (90% confidence) = 3 points

Powered by **WebPT™**