1/12/2015 Penn Shoulder Score

Penn Shoulder Score

Part I: Pain and Satisfaction: Please select the number closest to the level of pain or satisfaction

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 activities (eating, dressing, bathing)

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

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

Part II: Function: Please circle the number that best describes the level of difficulty you might have performing each activity

Reach the small of your back to tuck in your shirt with your hand

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Wash the middle of your back/hook bra

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Perform necessary toileting activities

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Wash the back of the opposite shoulder

No Difficulty (3)

Penn Shoulder Score Some Difficulty (2) Much Difficulty (1) Can't do at all (0) Did not do before injury (X) Comb hair No Difficulty (3) Some Difficulty (2) Much Difficulty (1) Can't do at all (0) Did not do before injury (X) Place hand behind head with elbow held straight out to the side No Difficulty (3) Some Difficulty (2) Much Difficulty (1) Can't do at all (0) Did not do before injury (X) Dress self (including put on coat and pull shirt of overhead) No Difficulty (3) Some Difficulty (2) Much Difficulty (1) Can't do at all (0) Did not do before injury (X) Sleep on affected side No Difficulty (3) Some Difficulty (2) Much Difficulty (1) Can't do at all (0) Did not do before injury (X) Open a door with affected side No Difficulty (3) Some Difficulty (2) Much Difficulty (1) Can't do at all (0) Did not do before injury (X) Carry a bag of groceries with affected arm

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

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Did not do before injury (X)

Carry a briefcase/small suitcase with affected arm

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a soup can (1-2 lbs.) on a shelf at shoulder level without bending elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a one gallon container (8-10 lbs.) on a shelf at shoulder level without bending elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Reach a shelf above your head without bending your elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a soup can (1-2 lbs.) on a shelf overhead without bending your elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a one gallon container (8-10 lbs.) on a shelf overhead without bending your elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Perform usual sport/hobby

No Difficulty (3)

Some Difficulty (2)

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Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Perform household chores (cleaning, laundry, cooking)

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Throw overhand/swim/overhead racquet sports

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Work full-time job at your regular job

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

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