Shoulder Pain and Disability Index

How severe is your pain?	
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0 = No pain 10 = Worst pain imaginable

At its worst:											
0	1	2	3	4	5	6	7	8	9	10	
When lying on the involved side:											
0	1	2	3	4	5	6	7	8	9	10	
Reaching for something on a high shelf:											
0	1	2	3	4	5	6	7	8	9	10	
Touching the back of your neck:											
0	1	2	3	4	5	6	7	8	9	10	
Pushing with the involved arm:											
0	1	2	3	4	5	6	7	8	9	10	

How much difficulty do you have? 0 = No difficulty 10 = So difficult that it requires help

Washing your hair:

	ar man .										
1	2	3	4	5	6	7	8	9	10		
Washing your back:											
1	2	3	4	5	6	7	8	9	10		
Putting on an undershirt or jumper:											
1	2	3	4	5	6	7	8	9	10		
Putting on a shirt that buttons down the front:											
1	2	3	4	5	6	7	8	9	10		
Putting on your pants:											
1	2	3	4	5	6	7	8	9	10		
Placing on object on a high shelf:											
1	2	3	4	5	6	7	8	9	10		
Carrying a heavy object of 10 pounds:											
1	2	3	4	5	6	7	8	9	10		
Removing something from your back pocket:											
1	2	3	4	5	6	7	8	9	10		
	ing on a ing on a ing on a ing on y ing on y ing on o 1 ying a ha	12ing on an under12ing on a shirt th12ing on your pan12ing on object or12ying a heavy ob12	123a shing your back:1231233a on an undershirt or1231233a on a shirt that butto1231233a on your pants:1231233a on object on a high s1231233ying a heavy object of 1123	1234a hing your back:12341234a no an undershirt or jumper1234a no a shirt that buttons dow1234a no a shirt that buttons dow1234a no your pants:341234a no bject on a high shelf:1231234ying a heavy object of 10 pound1231234	1 2 3 4 5 shing your back: 1 2 3 4 5 ing on an undershirt or jumper: 1 2 3 4 5 ing on an undershirt or jumper: 1 2 3 4 5 ing on a shirt that buttons down the from 1 2 3 4 5 ing on your pants: 1 2 3 4 5 ing on object on a high shelf: 1 2 3 4 5 ing on object on a high shelf: 1 2 3 4 5 ying a heavy object of 10 pounds: 1 2 3 4 5	1 2 3 4 5 6 shing your back: 1 2 3 4 5 6 ing on an undershirt or jumper: 1 2 3 4 5 6 ing on an undershirt or jumper: 1 2 3 4 5 6 ing on a shirt that buttons down the front: 1 2 3 4 5 6 ing on your pants: 1 2 3 4 5 6 ing on object on a high shelf: 1 2 3 4 5 6 ing a heavy object of 10 pounds: 1 2 3 4 5 6 ing something from your back pocket:	1 2 3 4 5 6 7 shing your back: 1 2 3 4 5 6 7 ing on an undershirt or jumper: 1 2 3 4 5 6 7 ing on an undershirt or jumper: 1 2 3 4 5 6 7 ing on a shirt that buttons down the front: 1 2 3 4 5 6 7 ing on your pants: 1 2 3 4 5 6 7 ing on object on a high shelf: 1 2 3 4 5 6 7 ing a heavy object of 10 pounds: 1 2 3 4 5 6 7 ing a heavy object of 10 pounds: 1 2 3 4 5 6 7 ing on object on a high shelf: 1 2 3 4 5 6 7 ing on object of 10 pounds: 1 2 3 4	1 2 3 4 5 6 7 8 shing your back: 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8 sing on an undershirt or jumper: 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8 sing on a shirt that buttons down the front: 1 2 3 4 5 6 7 8 sing on your pants: 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8 sing on object on a high shelf: 1 2 3 4 5 6 7 8 ying a heavy object of 10 pounds: 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8 oving something from your back pocket:<	1 2 3 4 5 6 7 8 9 shing your back: 1 2 3 4 5 6 7 8 9 sing on an undershirt or jumper: 1 2 3 4 5 6 7 8 9 sing on a undershirt or jumper: 1 2 3 4 5 6 7 8 9 sing on a shirt that buttons down the front: 1 2 3 4 5 6 7 8 9 sing on your pants: 1 2 3 4 5 6 7 8 9 ing on object on a high shelf: 1 2 3 4 5 6 7 8 9 ying a heavy object of 10 pounds: 1 2 3 4 5 6 7 8 9 social from your back pocket:		