

# Shoulder Pain and Disability Index

**How severe is your pain?**  
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

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

**Washing your hair:**

0 1 2 3 4 5 6 7 8 9 10

**Washing your back:**

0 1 2 3 4 5 6 7 8 9 10

**Putting on an undershirt or jumper:**

0 1 2 3 4 5 6 7 8 9 10

**Putting on a shirt that buttons down the front:**

0 1 2 3 4 5 6 7 8 9 10

**Putting on your pants:**

0 1 2 3 4 5 6 7 8 9 10

**Placing on object on a high shelf:**

0 1 2 3 4 5 6 7 8 9 10

**Carrying a heavy object of 10 pounds:**

0 1 2 3 4 5 6 7 8 9 10

**Removing something from your back pocket:**

0 1 2 3 4 5 6 7 8 9 10