



DISPLAY 26-5

Shoulder Pain and Disability Index

Pain dimension: How severe is your pain?

1. At its worst?
2. When lying on the involved side?
3. Reaching for something on a high shelf?
4. Touching the back of your neck?
5. Pushing with the involved arm?

Disability dimension: How much difficulty do you have?

1. Washing your hair?
2. Washing your back?
3. Putting on an undershirt or pullover sweater?
4. Putting on a shirt that buttons down the front?
5. Putting on your pants?
6. Placing an object on a high shelf?
7. Carrying a heavy object (e.g., 10 lb)?
8. Removing something from your back pocket?