

Optimal Performance Physical Therapy

Penn Shoulder Scale

Name: _____ Signature: _____ Date: _____

Part I: Pain Satisfaction: Please circle the number closest to your level of pain or satisfaction:

1. Pain at rest with your arm by your side:	No pain	0	1	2	3	4	5	6	7	8	9	10	Worst pain possible
2. Pain with normal activities (eating, dressing, bathing):	No pain	0	1	2	3	4	5	6	7	8	9	10	Worst pain possible
3. Pain with strenuous activities (reaching, lifting, pushing, pulling, throwing):	No pain	0	1	2	3	4	5	6	7	8	9	10	Worst pain possible
4. How satisfied are you with the current level of function of your shoulder?	Not Satisfied	0	1	2	3	4	5	6	7	8	9	10	Very Satisfied

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

	No difficulty	Some difficulty	Much difficulty	Can't do at all	Did not do before injury
1. Reach the small of your back to tuck in your shirt with your hand.	3	2	1	0	X
2. Wash the middle of your back/hook bra.	3	2	1	0	X
3. Perform necessary toileting activities.	3	2	1	0	X
4. Wash the back of opposite shoulder.	3	2	1	0	X
5. Comb hair.	3	2	1	0	X
6. Place hand behind head with elbow held straight out to the side.	3	2	1	0	X
7. Dress self (including put on coat and pull shirt off overhead.	3	2	1	0	X
8. Sleep on affected side.	3	2	1	0	X
9. Open a door with affected side.	3	2	1	0	X
10. Carry a bag of groceries with affected arm.	3	2	1	0	X
11. Carry a briefcase / small suitcase with affected arm.	3	2	1	0	X
12. Place a soup can (1-2 lbs.) on a shelf at shoulder level without bending elbow.	3	2	1	0	X
13. Place a one gallon container (8-10 lbs.) on a shelf at shoulder level without bending elbow.	3	2	1	0	X
14. Reach a shelf above your head without bending your elbow.	3	2	1	0	X
15. Place a soup can (1-2 lbs.) on a shelf overhead without ending your elbow.	3	2	1	0	X
16. Place a one gallon container (8-10 lbs.) on a shelf overhead without bending your elbow.	3	2	1	0	X
17. Perform usual sport / hobby.	3	2	1	0	X
18. Perform household chores (cleaning, laundry, cooking).	3	2	1	0	X
19. Throw overhand / swim / overhead raquet sports.	3	2	1	0	X
20. Work full-time at your regular job.	3	2	1	0	X