Optimal Performance Physical Therapy

Shoulder Disability Questionnaire

Name: ___________________________  Signature: ________________  Date: ____________

How to complete this questionnaire: The items of this questionnaire relate to your injured shoulder. If you have trouble with both shoulders, please complete the questionnaire for only one shoulder, that is, the one that was treated (or the side on which you write). When this shoulder hurts, you may experience problems performing daily activities in a normal manner. This list contains 16 statements that shoulder disorder patients have used to describe the situations in which they experience pain and what some of the effects may be. When you read the statements, you may find that some stand out because they apply to your situation today (the past 24 hours). As you go through the list, think of how you felt during the past 24 hours. For each entry, check for yourself whether you performed the mentioned activity.

For which shoulder do you complete this questionnaire(circle one)?

<table>
<thead>
<tr>
<th>Right / Left</th>
<th>NA</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
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1. I wake up at night because of my shoulder.  
2. My shoulder hurts when I lie on it.  
3. Because of my shoulder, I have trouble putting on a coat or sweater.  
4. My shoulder hurts during my usual daily activities.  
5. My shoulder hurts when I move my arm.  
6. My shoulder hurts when I lean on my elbow or hand.  
7. My shoulder hurts when I write or type.  
8. My shoulder hurts when I hold my car steering wheel or my bike handle bars.  
9. My shoulder hurts when I lift and carry something.  
10. My shoulder hurts when I reach or grasp above shoulder level.  
11. My shoulder hurts when I open or close a door.  
12. My shoulder hurts when I bring my hands toward my buttocks.  
13. My shoulder hurts when I bring my hands toward my lower back.  
14. My shoulder hurts when I bring my hands toward the back of my neck.  
15. I rub my shoulder more than once during the day.  
16. I am irritable and bad tempered with people because my shoulder hurts.