

419-668-8101 • 800-589-3862

PENN SHOULDER SCORE

PATIENT NAME:		DATE:
DIAGNOSIS:		
NUMBER OF VISITS:	<u>FIN #</u> :	
VISIT TYPE: (circle one)	INITIAL UPDATE	DISCHARGE
GENDER : M F (circle o	ne)	
DOMINANT HAND : L R	BOTH AFFECTED A	ARM : L R BOTH
	(circle one)	(circle one)
PART 1: Pain & Satisfactio	n: Please circle the numbe	r closest to your level of pain or satisfaction.

Pain at rest with your arm by your side:	
0 1 2 3 4 5 6 7 8 9 10	
*No *Worst Pain Pain Possible	(10 - # circled)
Pain with normal activities (eating, dressing, bathing):	
0 1 2 3 4 5 6 7 8 9 10	
*No *Worst Pain Pain Possible	 (10 - # circled)
Pain with strenuous activities (reaching, lifting, pushing, pulling, throwing): 0 1 2 3 4 5 6 7 8 9 10 *No *Worst Pain Possible	(10 - # circled)
PAIN SCORE	=/30
How Satisfied are you with the CURRENT LEVEL OF FUNCTION of your shoulder? 0 1 2 3 4 5 6 7 8 9 10 *NOT Satisfied *Very Satisfied	(# circled)

PENN SHOULDER SCORE					Did no
Part II: Function: Please circle the number that best describes the		Some	Much	Can't do	do
evel of difficulty you might have performing each activity.	difficulty	Difficulty	difficulty	at all	<u>before</u>
					injury
1. Reach the small of your back to tuck in your shirt with your	2	2	4		
hand.	3	2	1	0	Х
2. Wash the middle of your back/hook bra.	3	2	1	0	Х
3. Perform necessary toileting activities	3	2	1	0	Х
4. Wash the back of the opposite shoulder.	3	2	1	0	Х
5. Comb hair.	3	2	1	0	Х
6. Place hand behind head with elbow held straight out to the	_	_	_	_	
side.	3	2	1	0	Х
7. Dress self (including put on a coat and pull shirt off over	3	2	1	0	Х
head.					
8. Sleep on affected side.	3	2	1	0	Х
9. Open a door with affected side.	3	2	1	0	Х
10. Carry a bag of groceries.	3	2	1	0	Х
11. Carry a briefcase/small suitcase with affected arm.	3	2	1	0	Х
12. Place a soup can (1-2 lbs.) on a shelf at shoulder level					
without bending elbow.	3	2	1	0	Х
13. Place a one gallon container (8-10 lbs.) on a shelf at					
shoulder level without bending elbow.	3	2	1	0	Х
14. Reach a shelf above your head without bending your elbow.	3	2	1	0	Х
15. Place a soup can (1-2 lbs.) on a shelf overhead without	3	2	1	0	Х
bending your elbow.					
16. Place a one gallon container (8-10 lbs.) on a shelf overhead					
without bending your elbow.	3	2	1	0	Х
17. Perform usual sport/hobby.	3	2	1	0	Х
18. Perform household chores (cleaning, laundry, cooking)	3	2	1	0	Х
19. Throw overhand/swim/overhead racquet sports (circle all that					
apply to you)	3	2	1	0	Х
20. Work full-time at your regular job.	3	2	1	0	Х
CORING:					
otal of columns = (a)					
Number of "X's" x 3 =(b), 60(b) =(c)					
if no X's are circled, function score = total of columns)					
Function score =(a) ÷(c) = x 60 = of 60					

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