

## Shoulder Pain and Disability Index

Please place a mark on the line that best represents your experience during the last week attributable to your shoulder problem.

### Pain scale

**How severe is your pain?**

Circle the number that best describes your pain where: **0** = no pain and **10** = the worst pain imaginable.

	0	1	2	3	4	5	6	7	8	9	10
At its worst?											
When lying on the involved side?											
Reaching for something on a high shelf?											
Touching the back of your neck?											
Pushing with the involved arm?											

**Total pain score** \_\_\_\_\_ / 50 x 100 = \_\_\_\_\_ %

(Note: If a person does not answer all questions divide by the total possible score, eg. if 1 question missed divide by 40)

### Disability scale

**How much difficulty do you have?**

Circle the number that best describes your experience where: **0** = no difficulty and **10** = so difficult it requires help

	0	1	2	3	4	5	6	7	8	9	10
Washing your hair?											
Washing your back?											
Putting on an undershirt or jumper?											
Putting on a shirt that buttons down the front?											
Putting on your pants?											
Placing an object on a high shelf?											
Carrying a heavy object of 10 pounds (4.5 kilograms)											
Removing something from your back pocket?											

**Total disability score:** \_\_\_\_\_ / 80 x 100 = \_\_\_\_\_ %

(Note: If a person does not answer all questions divide by the total possible score, eg. if 1 question missed divide by 70)

**Total Spadi score:** \_\_\_\_\_ / 130 x 100 = \_\_\_\_\_ %

(Note: If a person does not answer all questions divide by the total possible score, eg if 1 question missed divide by 120)

Minimum Detectable Change (90% confidence) = 13 points

(Change less than this may be attributable to measurement error)

**Source:** Roach et al. (1991). Development of a shoulder pain and disability index.