Shoulder Pain and Disability Index

Instructions: This questionnaire asks about your symptoms as well as your ability to perform certain activities. Please answer **every question**, based on your condition within the last week by marking the appropriate answer. If you did not have the opportunity to perform an activity in the past week, please make your **best guess** as to which response would be most accurate. It doesn't matter which hand or arm you use to perform the activity, please answer based on your ability regardless of how you perform the task.

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.

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

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

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

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

Name :_____   Date: _____