

Disabilities of the Arm, Shoulder and Hand

Patient Name: _____ Date: _____

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

| | NO DIFFICULTY | MILD DIFFICULTY | MODERATE DIFFICULTY | SEVERE DIFFICULTY | UNABLE |
|---|--------------------|------------------|---------------------|-------------------|------------------------------------|
| 1. Open a tight or new jar. | 1 | 2 | 3 | 4 | 5 |
| 2. Do heavy household chores (wash floors, etc) | 1 | 2 | 3 | 4 | 5 |
| 3. Carry a shopping bag or briefcase. | 1 | 2 | 3 | 4 | 5 |
| 4. Wash your back. | 1 | 2 | 3 | 4 | 5 |
| 5. Use a knife to cut food. | 1 | 2 | 3 | 4 | 5 |
| 6. Recreational activities in which you take some force or impact through your arm, shoulder or hand (e.g. golf, hammering, tennis, etc). | 1 | 2 | 3 | 4 | 5 |
| | NOT AT ALL | SLIGHTLY | MODERATELY | QUITE A BIT | EXTREMELY |
| 7. During the past week, to what extent has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbors or groups? | 1 | 2 | 3 | 4 | 5 |
| | NOT LIMITED AT ALL | SLIGHTLY LIMITED | MODERATELY LIMITED | VERY LIMITED | UNABLE |
| 8. During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem? | 1 | 2 | 3 | 4 | 5 |
| Please rate the severity of the following symptoms in the last week. (Circle number) | | | | | |
| | NONE | MILD | MODERATE | SEVERE | EXTREME |
| 9. Arm, shoulder or hand pain. | 1 | 2 | 3 | 4 | 5 |
| 10. Tingling (pins and needles) in your arm, shoulder or hand. | 1 | 2 | 3 | 4 | 5 |
| | NO DIFFICULTY | MILD DIFFICULTY | MODERATE DIFFICULTY | SEVERE DIFFICULTY | SO MUCH DIFFICULTY – I CAN'T SLEEP |
| 11. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand? | 1 | 2 | 3 | 4 | 5 |

Therapist Only:

QuickDash Disability/Symptom Score = _____ $\left(\left[\frac{\text{sum of n responses}}{n} - 1 \right] \times 25 \right)$, where n is the number of completed responses.

A QuickDash score may not be calculated if there is greater than 1 missing item.

Work Module (Optional)

The following questions ask about the impact of your arm, shoulder or hand problem on your ability to work (including homemaking if that is your main work role).

I do not work. (You may skip this section)

Please indicate what your job/work is: _____

Please circle the number that best describes your physical ability in the past week.

| Did you have any difficulty: | NO DIFFICULTY | MILD DIFFICULTY | MODERATE DIFFICULTY | SEVERE DIFFICULTY | SO MUCH DIFFICULTY – I CAN'T SLEEP |
|---|---------------|-----------------|---------------------|-------------------|------------------------------------|
| 1. Using your usual technique for your work? | 1 | 2 | 3 | 4 | 5 |
| 2. Doing your usual work because of arm, shoulder or hand pain? | 1 | 2 | 3 | 4 | 5 |
| 3. Doing your work as well as you would like? | 1 | 2 | 3 | 4 | 5 |
| 4. Spending your usual amount of time doing your work? | 1 | 2 | 3 | 4 | 5 |

Sports/Performing Arts Module (Optional)

The following questions relate to the impact of your arm, shoulder or hand problem on playing your musical instrument or sport, or both. If you play more than one sport or instrument (or both), please answer with respect to that activity is most important to you.

I do not play a sport or an instrument. (You may skip this section)

Please indicate the sport or instrument which is most important to you: _____

Please circle the number that best describes your physical ability in the past week.

| Did you have any difficulty: | NO DIFFICULTY | MILD DIFFICULTY | MODERATE DIFFICULTY | SEVERE DIFFICULTY | SO MUCH DIFFICULTY – I CAN'T SLEEP |
|---|---------------|-----------------|---------------------|-------------------|------------------------------------|
| 1. Using your usual technique for playing your instrument or sport? | 1 | 2 | 3 | 4 | 5 |
| 2. Playing your musical instrument or sport because of arm, shoulder or hand pain? | 1 | 2 | 3 | 4 | 5 |
| 3. Playing your musical instrument or sport as well as you would like? | 1 | 2 | 3 | 4 | 5 |
| 4. Spending your usual amount of time practicing or playing your instrument or sport? | 1 | 2 | 3 | 4 | 5 |

Therapist Only:

Scoring the Optional Modules: Add up assigned values for each response; divide by 4 (number of items); subtract 1; multiply by 25.

An optional module score may not be calculated if there are any missing items.