



# Reading Shoulder Unit

Prof. Ofer Levy, MD MCh(Orth) FRCS  
Consultant Orthopaedic Surgeon

Mr Giuseppe Sforza, MD MCh(Orth)  
Consultant Orthopaedic Surgeon

Mr Ali A Narvani, FRCS(Tr&Orth)  
Consultant Orthopaedic Surgeon

Eminentus: Mr Stephen A Copeland, FRCS

## MAYO ELBOW SCORE

### INSTRUCTIONS

Date \_\_\_\_\_

Please answer Section 1 and 3 and mark **ONLY ONE** response which most closely describes your elbow right now.

Mark each **FUNCTION** in **SECTION 4** you are able to perform.

#### 1 PAIN

None 45      Mild (30pts)      Moderate (15pts)      Severe (0 pts)

#### 2 MOTION (To Be Completed by Health Care Provider)

Arc > 100 degrees (20pts)

Arc 50 – 100 degrees 15pts

Arc < 50 degrees 5pts

#### 3 STABILITY

Stable (10pts)

Moderate instability (5pts)

Gross instability (0pts)

#### 4 STABILITY FUNCTION OF ELBOW

**Yes=Able to perform the listed task (5pts each)**

**No=Not able to perform the listed task**

Comb Hair                      Yes      No

Feed self                        Yes      No

Hygiene                         Yes      No

Can do Shirt                    Yes      No

Can do shoes                    Yes      No

**OTHER COMMENTS:** -----  
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#### Interpreting the Mayo Elbow Performance Score

Score greater than 90 Excellent, Score 75-----89 Good, Score 60-----74 Fair, Score below 60 Poor