Oxford Shoulder Score (OSS)

English version for the United Kingdom

PROBLEMS WITH YOUR SHOULDER

Tick (\checkmark) one box for every question.

1.	During the p	ast 4 weeks					
	How would you describe the worst pain you had <u>from your shoulder</u> ?						
	None	Mi l d	Moderate	Severe	Unbearable		
2.	During the past 4 weeks						
	•	•	- ,	f <u>because of you</u>			
	No trouble at all	A little bit of trouble	Moderate trouble	Extreme difficulty	Impossible to do		
		ti ouble	ti ouble				
3.	During the past 4 weeks						
	Have you had any trouble getting in and out of a car or using public						
	transport because of your shoulder?						
	No trouble			Extreme	Impossible		
	at all	trouble	trouble	difficulty	to do		
4.	During the past 4 weeks						
	Have you been	n able to use a k	nife and fork	- at the same ti	me?		
			With	_			
	Yes, easi l y	With little difficulty	moderate difficulty	With extreme difficulty	No, impossib l e		
	Casily						
5.	During the p	ast 4 weeks					
	Could you do	the household sl	nopping <u>on y</u>	our own?			
	V	Maril Pull	With	VACUL I			
	Yes, easi l y	With little difficulty	moderate difficulty	With extreme difficulty	No, impossib l e		
	Cushy						
6.	During the p	ast 4 weeks					
	Could you carry a tray containing a plate of food across a room?						
	.,		With				
	Yes, easi l y	With little difficulty	moderate difficu l ty	With extreme difficulty	No, impossib l e		

7.	During the pa	ast 4 weeks					
	Could you brush/comb your hair with the affected arm?						
	Yes, easily	With little difficulty		With extreme difficulty	No, impossible		
8.	During the pa	ast 4 weeks					
	How would you	ս describe the լ	pain you <u>usual</u>	lly had from you	r shoulder?		
	None	Very mild	Mi l d	Moderate	Severe		
9. During the past 4 weeks							
	Could you hang your clothes up in a wardrobe, using the affected arm?						
	Yes, easily	With little difficulty	With moderate difficulty	With great difficulty	No, impossible		
10. During the past 4 weeks							
10.	During the pa	ast 4 weeks					
10.			and dry yours	elf under both ar	·ms?		
10.			and dry yourse With	With extreme	No,		
	Have you beer Yes, easily	n able to wash a With little difficulty	and dry yourse With moderate difficulty	With extreme	No,		
	Yes, easily During the particular than the pa	With little difficulty ast 4 weeks pain from you	and dry yourse With moderate difficulty	With extreme	No, impossible		
	Yes, easily During the pa	With little difficulty ast 4 weeks pain from you	and dry yourse With moderate difficulty	With extreme difficulty	No, impossible		
	Yes, easily During the particular of the partic	with little difficulty ast 4 weeks pain from you sework)?	and dry yourse With moderate difficulty r shoulder inte	With extreme difficulty	No, impossible		
	Yes, easily During the particular house (including house Not at all	with little difficulty ast 4 weeks pain from you sework)?	and dry yourse With moderate difficulty r shoulder inte	With extreme difficulty	No, impossible		
11.	Yes, easily During the particular of the partic	with little difficulty ast 4 weeks s pain from you sework)? A little bit	and dry yourse With moderate difficulty r shoulder inte	With extreme difficulty	No, impossible r usual work Totally		
11.	Yes, easily During the particular of the partic	with little difficulty ast 4 weeks s pain from you sework)? A little bit	and dry yourse With moderate difficulty r shoulder inte	With extreme difficulty Greatly	No, impossible r usual work Totally		

Finally, please check back that you have answered each question.

Thank you very much.