## **CONSTANT SCORE**

Side: R   L	Patient's Details		Operation/D	iagnosis:	Date			
3 months 6months 1 year 2 years						Side:	R	L
APain (/15): Average (1 + 2)  1. Do you have pain in your shoulder (normal activities)?  No = 15 pts, Mild pain = 10 pts, Moderate = 5 pts, Severe or permanent = 0.  2. Linear scale:  If "0" means no pain and "15" is the maximum pain you can experience, please circle where is the level of pain of your shoulder. (Points given are inverse to the scale. E.g. level 5 in the scale means 10 points)  Level of pain:    0			<b>Examination</b>	•				
A Pain (/15): Average (1 + 2)  1. Do you have pain in your shoulder (normal activities)?  No = 15 pts, Mild pain = 10 pts, Moderate = 5 pts, Severe or permanent = 0.  2. Linear scale:  If "0" means no pain and "15" is the maximum pain you can experience, please circle where is the level of pain of your shoulder. (Points given are inverse to the scale. E.g. level 5 in the scale means 10 points)  Level of pain:    O				3 months	6months			
1. Do you have pain in your shoulder (normal activities)? No = 15 pts,		_	<u> </u>	1 year	2 years	ye	ears	
2. Linear scale:  If "0" means no pain and "15" is the maximum pain you can experience, please circle where is the level of pain of your shoulder. (Points given are inverse to the scale. E.g. level 5 in the scale means 10 points)  Level of pain:    0	1. Do you have pain	in your shoulder	(normal activities)?	ate = 5 pts.	Severe or perma	anent = $0$ .		
If "0" means no pain and "15" is the maximum pain you can experience, please circle where is the level of pain of your shoulder. (Points given are inverse to the scale. E.g. level 5 in the scale means 10 points)    Level of pain:	F,	<b>F</b>	r.,,	F 12,	P			_
Points:    15	If "0" means no pai							
Points:    15	Level of pain:							
B Activities of daily living (/20)	<u>-</u>	2 3 4	5 6 7 8	9 10 11	12 13 14 1	15		
1. Is your occupation or daily living (/20)  1. Is your occupation or daily living limited by your shoulder?  No = 4,						] '		-
1. Is your occupation or daily living limited by your shoulder?  No = 4, Moderate limitation = 2, Severe limitation = 0  2. Are your leisure and recreational activities limited by your shoulder?  No = 4, Moderate limitation = 2, Severe limitation = 0  3. Is your night sleep disturbed by your shoulder?  No = 2, Sometimes = 1, Yes = 0  4. State to what level you can use your arm for painless, reasonably activities.  Waist = 2, Xiphoid (sternum) = 4, Neck = 6, Head = 8, Above head = 10  C Range of movement (leave this for the doctor or physiotherapist) (/40): Total (1 + 2 + 3 + 4)  1 FWD Flexion: 0 - 30	15 14	13 12 11	10 9 8 7	6 5 4	3 2 1	0		
1. Is your occupation or daily living limited by your shoulder?  No = 4, Moderate limitation = 2, Severe limitation = 0  2. Are your leisure and recreational activities limited by your shoulder?  No = 4, Moderate limitation = 2, Severe limitation = 0  3. Is your night sleep disturbed by your shoulder?  No = 2, Sometimes = 1, Yes = 0  4. State to what level you can use your arm for painless, reasonably activities.  Waist = 2, Xiphoid (sternum) = 4, Neck = 6, Head = 8, Above head = 10  1FWD Flexion: 0 - 30 0 pts 2Abduction: 0 - 30  31 - 60 2 pts 31 - 60  61 - 90 4 pts 61 - 90  91 - 120 6 pts 91 - 120  121 - 150 8 pts 121 - 150  > 150  3 External Rotation:  Hand behind head & elbow forward 2 Hand above head & elbow back 4 Buttock 2  Hand above head & elbow back 4 Buttock 2  Hand above head & elbow forward 6 SI joint 4  Hand above head & elbow back 8 Waist 6  Full elevation of arm 10 T12 8  Between shoulder blades 10  D Power (/25): Points: average (kg) x 2 = D  First pull: Second pull: Third pull: Fourth pull: Fifth pull:	R - Activities of dail	ly living (/20)	Total $(1 \pm 2 \pm 3)$	<sub>+ 4</sub> )	R			
No = 4, Moderate limitation = 2, Severe limitation = 0  2. Are your leisure and recreational activities limited by your shoulder? No = 4, Moderate limitation = 2, Severe limitation = 0  3. Is your night sleep disturbed by your shoulder? No = 2, Sometimes = 1, Yes = 0  4. State to what level you can use your arm for painless, reasonably activities. Waist = 2, Xiphoid (sternum) = 4, Neck = 6, Head = 8, Above head = 10  C Range of movement (leave this for the doctor or physiotherapist) (/40): Total (1 + 2 + 3 + 4)  1 FWD Flexion: 0 - 30								
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Waist = 2,   Xiphoid (sternum) = 4,   Neck = 6,   Head = 8,   Above head = 10	No = 2,	Sometimes =	1,   Yes = 0					
C Range of movement (leave this for the doctor or physiotherapist) (/40): Total (1 + 2 + 3 + 4)  1 FWD Flexion: 0 - 30	4 0 4 4 1 4 1							
1FWD Flexion: 0 - 30				•				
1FWD Flexion: 0 - 30				•		10		
31-60 2 pts 31-60 61-90 4 pts 91-120 6 pts 91-120 121-150 8 pts 121-150 >150 10 pts >150  3 External Rotation:	Waist $= 2$ ,	Xiphoid (sterr	num) = 4, Neck =	6, Head = $8$ ,	Above head = 1		Г	
61 - 90	Waist = 2, C Range of moven	Xiphoid (stern	num) = 4, Neck =	6, Head = 8, vsiotherapist) $(/46)$	Above head = $1$ O): Total $(1 + 1)$		[	
91 - 120 6 pts 121- 150 8 pts > 150 10 pts  3 External Rotation:  Hand behind head & elbow forward 2 Hand behind head & elbow back 4 Hand above head & elbow forward 6 Hand above head & elbow back 8 Full elevation of arm 10  Po-Power (/25): Points: average (kg) x 2 =   First pull: Second pull: Third pull: Fourth pull: Fifth pull:	Waist = 2, C Range of moven	Xiphoid (stern  nent (leave this  0 - 30	num) = 4, Neck =  for the doctor or phy 0 pts	6, Head = 8, vsiotherapist) $(/46)$	Above head = $\frac{1}{1000}$ Total (1 + $\frac{1}{1000}$ ): 0 - 30			
121-150 8 pts > 150  3 External Rotation:  Hand behind head & elbow forward 2 Hand behind head & elbow back 4 Hand above head & elbow forward 6 Hand above head & elbow back 8 Full elevation of arm 10  D Power (/25): Points: average (kg) x 2 =   First pull: Second pull: Third pull: Fourth pull: Fifth pull:	Waist = 2, C Range of moven	Xiphoid (stern nent (leave this 0 - 30 31 -60	num) = 4, Neck =  for the doctor or phy  0 pts  2 pts	6, Head = 8, vsiotherapist) $(/46)$	Above head = 1 0): Total (1 + 1) on: 0 - 30 31 - 60			
> 150  3 External Rotation:  Hand behind head & elbow forward 2 Hand behind head & elbow back Hand above head & elbow forward Hand above head & elbow back Full elevation of arm  10  To the problem of th	Waist = 2, C Range of moven	Xiphoid (stern nent (leave this 0 - 30 31 -60 61 - 90	num) = 4, Neck =  for the doctor or phy 0 pts 2 pts 4 pts	6, Head = 8, vsiotherapist) $(/46)$	Above head = 1  10): Total (1 + 1)  10 - 30  11 - 60  61 - 90			
3 External Rotation:  Hand behind head & elbow forward 2  Hand behind head & elbow back 4  Hand above head & elbow forward 6  Hand above head & elbow back 8  Full elevation of arm 10  D Power (/25): Points: average (kg) x 2 =   First pull: Second pull: Third pull: Fourth pull: Fifth pull:	Waist = 2, C Range of moven	Xiphoid (stern nent (leave this 0 - 30 31 -60 61 - 90 91 - 120	num) = 4, Neck =  for the doctor or phy 0 pts 2 pts 4 pts 6 pts	6, Head = 8, vsiotherapist) (/40 2 Abduction	Above head = 1 0): Total (1 + 1) on: 0 - 30 31 - 60 61 - 90 91 - 120		[	
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Hand behind head & elbow back 4 Hand above head & elbow forward 6 Hand above head & elbow back 8 Full elevation of arm 10  Color Power (/25): Points: average (kg) x 2 =   First pull: Second pull: Third pull: Fourth pull: Fifth pull:	Waist = 2, C Range of moven	Xiphoid (stern nent (leave this 0 - 30 31 -60 61 - 90 91 - 120 121- 150	num) = 4, Neck =  for the doctor or phy 0 pts 2 pts 4 pts 6 pts 8 pts	6, Head = 8, vsiotherapist) (/40 2 Abduction	Above head = 1 0): Total (1 + 1) on: 0 - 30 31 - 60 61 - 90 91 - 120 1 - 150		[	
Hand above head & elbow forward 6 Hand above head & elbow back 8 Full elevation of arm 10  T12 Between shoulder blades 10  D Power (/25): Points: average (kg) x 2 =   First pull: Second pull: Third pull: Fourth pull: Fifth pull:	Waist = 2, C Range of moven 1 FWD Flexion:	Xiphoid (stern  nent (leave this  0 - 30  31 -60  61 - 90  91 - 120  121- 150  > 150	num) = 4, Neck =  for the doctor or phy 0 pts 2 pts 4 pts 6 pts 8 pts	6, Head = 8, vsiotherapist) (/40 2 Abduction	Above head = 1 0): Total (1 + 1) on: 0 - 30 31 - 60 61 - 90 91 - 120 1 - 150 > 150	2+3+4)		
Hand above head & elbow back 8 Full elevation of arm 10 T12 8 Between shoulder blades 10  D Power (/25): Points: average (kg) x 2 =   First pull: Second pull: Third pull: Fourth pull: Fifth pull:	Waist = 2, C Range of moven 1 FWD Flexion:  3 External Rotat	Xiphoid (stern  nent (leave this 0 - 30 31 -60 61 - 90 91 - 120 121- 150 > 150  tion:	num) = 4, Neck =  for the doctor or phy 0 pts 2 pts 4 pts 6 pts 8 pts 10 pts	6, Head = 8, ysiotherapist) (/40 2 Abduction  12 4 Internal Rota	Above head = 1  (1): Total (1 + 1)  (2): Total (1 + 1)  (3): 0 - 30  (3): -60  (6): -90  (9): -120  (1 - 150)  (> 150)  (ation: (Dorsum ha	2+3+4)	· [	
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	Waist = 2,  C Range of moven  1 FWD Flexion:  3 External Rotat  Hand behin  Hand behin  Hand abov  Hand abov  Full elevati	Xiphoid (stern  nent (leave this 0 - 30 31 -60 61 - 90 91 - 120 121- 150 > 150  tion:  nd head & elbow he head & elbow	num) = 4, Neck =  for the doctor or phy 0 pts 2 pts 4 pts 6 pts 8 pts 10 pts  forward 2 back 4 forward 6 back 8 10	6, Head = 8, ysiotherapist) (/40 2 Abduction  12 4 Internal Rota Thigh Buttoc SI joint Waist T12 Between	Above head = 1  (1): Total (1 + 1)  (2): 0 - 30 (31 - 60) (61 - 90) (91 - 120)  1 - 150 (> 150)  ation: (Dorsum hat 0)  k	2 + 3 + 4) and to) 2 4 6 8		-
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