CONSTANT SCORE

Patient's Details	**Operation/Diagnosis:** **Date:**_____

Side: R   L

Examination: Pre-op

3 months   6months

1 year   2 years   ___ years

A.- Pain (/15): **Average (1 + 2)** [ ] **A**

   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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Points: _____

15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0

B.- Activities of daily living (/20)   **Total (1 + 2 + 3 + 4)** [ ] **B**

   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)** [ ] **C**

1.- FWD Flexion:	0 - 30	0 pts	**2.- Abduction:**	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	10 pts		> 150

3.- External Rotation: _____		**4.- Internal Rotation:** (Dorsum hand to) _____	
Hand behind head & elbow forward	2	Thigh	0
Hand behind 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:

Average pulls:

TOTAL (/100): A + B + C+ D [ ]