

Oxford Shoulder Score

Clinician's name (or ref)

Patient's name (or ref)

Please answer the following 12 multiple choice questions.

During the past 4 weeks.....

1. How would you describe the worst pain you had from your shoulder?

None

mild

Moderate

Severe

Unbearable

7. Could you brush/comb your hair with the affected arm?

Yes, easily

With little difficulty

With moderate difficulty

With extreme difficulty

No, impossible

2. Have you had any trouble dressing yourself because of your shoulder?

No trouble at all

Little trouble

Moderate trouble

Extreme difficulty

Impossible to do

8. How would you describe the pain you usually had from your shoulder?

None

Very mild

Mild

Moderate

Severe

3. Have you had any trouble getting in and out of a car or using public transport because of your shoulder?

No trouble at all

Very little trouble

Moderate trouble

Extreme difficulty

Impossible to do

9. Could you hang your clothes up in a wardrobe, using the affected arm? (whichever you tend to use)

Yes, easily

With little difficulty

With moderate difficulty

With great difficulty

No, impossible

4. Have you been able to use a knife and fork at the same time?

Yes, easily

With little difficulty

With moderate difficulty

With extreme difficulty

No, impossible

10. Have you been able to wash and dry yourself under both arms?

Yes, easily

With little difficulty

With moderate difficulty

With extreme difficulty

No, impossible

5. Could you do the household shopping on your own?

Yes, easily

With little difficulty

With moderate difficulty

With extreme difficulty

No, impossible

11. How much has pain from your shoulder interfered with your usual work (including housework)?

Not at all

A little bit

Moderately

Greatly

Totally

6. Could you carry a tray containing a plate of food across a room?

Yes, easily

With little difficulty

With moderate difficulty

With extreme difficulty

No, impossible

12. Have you been troubled by pain from your shoulder in bed at night?

No nights

Only 1 or 2 nights

Some nights

Most nights

Every night

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The Oxford Shoulder Score is:

Interpreting the Oxford Shoulder Score

- Score 0 to 19** May indicate severe shoulder arthritis. It is highly likely that you may well require some form of surgical intervention, contact your family physician for a consult with an Orthopaedic Surgeon.
- Score 20 to 29** May indicate moderate to severe shoulder arthritis. See your family physician for an assessment and x-ray. Consider a consult with an Orthopaedic Surgeon.
- Score 30 to 39** May indicate mild to moderate shoulder arthritis. Consider seeing you family physician for an assessment and possible x-ray. You may benefit from non-surgical treatment, such as exercise, weight loss, and /or anti-inflammatory medication
- Score 40 to 48** May indicate satisfactory joint function. May not require any formal treatment.

Reference for Score: Dawson J, Fitzpatrick R, Carr A. Questionnaire on the perceptions of patients about shoulder surgery. J Bone Joint Surg Br. 1996 Jul;78(4):593-600. [Link](#)

Reference for grading: Website