

Penn Shoulder Score

Patient Name: _____
 Date: _____
 Affected Arm: R L (Circle One)

Patient MRN: _____
 Dominant Hand: R L Both (Circle One)

Part I: Pain Score (circle the number closest to your level of pain)

Pain at rest with arm by your side:	0 1 2 3 4 5 6 7 8 9 10 No Pain Worst Pain Possible	Score (10 - # circled): -----
Pain with normal activities (eating, dressing, bathing)	0 1 2 3 4 5 6 7 8 9 10 No Pain Worst Pain Possible	Score (10 - # circled): -----
Pain with strenuous activities (reaching, lifting, pushing, pulling, throwing)	0 1 2 3 4 5 6 7 8 9 10 No Pain Worst Pain Possible	Score (10 - # circled): -----
Pain Score (sum of components): _____ / 30 points		

Part II: Satisfaction Score (circle the number closest to your satisfaction level)

How satisfied are you with the current level of function of your shoulder?	0 1 2 3 4 5 6 7 8 9 10 Not Satisfied Very Satisfied	Score (10 - # circled): -----
Satisfaction Score: _____ / 10 points		

Please complete next page.

Part III: Function Score (circle the number that best describes the difficulty you have performing each activity)

	No Difficulty	Some Difficulty	Much Difficulty	Can't Do At All	Did Not Do Before Injury
Reach the small of your back to tuck in your shirt with your hand.	3	2	1	0	X
Wash the middle of your back/hook bra.	3	2	1	0	X
Perform necessary toileting activities.	3	2	1	0	X
Wash the back of the opposite shoulder.	3	2	1	0	X
Comb hair.	3	2	1	0	X
Place hand behind head with elbow held straight out to the side.	3	2	1	0	X
Dress self (including put on coat and pull shirt off overhead)	3	2	1	0	X
Sleep on affected side.	3	2	1	0	X
Open a door with affected side.	3	2	1	0	X
Carry a bag of groceries with affected arm.	3	2	1	0	X
Carry a briefcase/small suitcase with affected arm.	3	2	1	0	X
Place a soup can (1-2 lbs.) on a shelf at shoulder level without bending elbow.	3	2	1	0	X
Place a one-gallon container (8-10 lbs.) on a shelf at shoulder level without bending elbow.	3	2	1	0	X
Reach a shelf above your head without bending your elbow.	3	2	1	0	X
Place a soup can (1-2 lbs.) on a shelf overhead without bending your elbow.	3	2	1	0	X
Place a one-gallon container (8-10 lbs.) on a shelf overhead without bending your elbow.	3	2	1	0	X
Perform usual sport/hobby.	3	2	1	0	X
Perform household chores (cooking, laundry, cooking).	3	2	1	0	X
Throw overhand/swim/overhead racquet sports (circle all that apply to you)	3	2	1	0	X
Work full-time at your regular job.	3	2	1	0	X
Function Score Total of columns = ____ (a) Number of Xs * 3 = ____ (b), 60 - ____ (b) = ____ (c) (if no Xs are circled, function score = total of columns) Function Score = ____ (a) / ____ (c) = ____ * 60 = ____ of 60					