THE



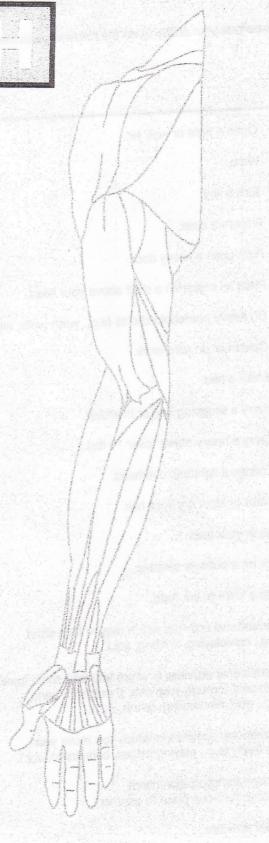
INSTRUCTIONS

This questionnaire asks about your symptoms as well as your ability to perform certain activities.

Please answer every question, based on your condition in the last week, by circling the appropriate number.

If you did not have the opportunity to perform an activity in the past week, please make your *best estimate* on which response would be the most accurate.

It doesn't matter which hand or arm you use to perform the activity; please answer based on your ability regardless of how you perform the task.



DISABILITIES OF THE ARM, SHOULDER AND HAND

Name	
2 -	
Date	

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

1 0	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1. Open a tight or new jar.	1	2	3		
2. Write.	1	2		4	5
3. Turn a key.			3	4	5
4. Prepare a meal.	1	2	3	4	5
5. Push open a heavy door.	1	2	3	4	5
	1	2 2	vell as your	arita establica est La establica de la compansión de la c	w2 5
6. Place an object on a shelf above your head.	1	2	3		5
7. Do heavy household chores (e.g., wash walls, wash floors).	1	2	and the second second second second		3
8. Garden or do yard work.	1		สงอนจี ชายงส	704 4 00 886	5
9. Make a bed.		2	3 11 1101		5
10. Carry a shopping bag or briefcase.	1	2	9.8. 3 .010.08	en) embio 4	5
있는 하늘, 사람들은 하이 그 이러 전혀 하게 하는 것이다. 그리 수 있다는 그리는 바다 하는 사람이 나를 하는	1	- 2 000000	qo 3 1 8/8/1	101 ₄ 015 001	5
object (over 10 lbs).	1	2 250 0	d of vilvitas	ns miched 4	5
12. Change a lightbulb overhead.	1	2	d 1407 6)80 3	RESIST AND	
Wash or blow dry your hair.	1	2	THE STAR METER	ACCES NOTES	5
4. Wash your back.	1		3	4	5
5. Put on a pullover sweater.		n 2 m to bin	3 Jan 10	4	5
6. Use a knife to cut food.	1	2 0 701/1	D8 3 011 (1110)	4	5
	1	2 2	iide moy ne 3) 09250 1974 4	5
 Recreational activities which require little effort (e.g., cardplaying, knitting, etc.). 					
	1	2	3	4	5
3. Recreational activities in which you take some force or impact through your arm, shoulder or hand					
(e.g., golf, hammering, tennis, etc.).	1	2	3		
Recreational activities in which you move your					3
arm freely (e.g., playing frisbee, badminton, etc.).	1	2	3	4	5
Manage transportation needs (getting from one place to another).					
Sexual activities.	1	2	3	4	5
Solution activities.	1	2	3	1	5

DISABILITIES OF THE ARM, SHOULDER AND HAND

				CHIONALI		
		NOT AT ALL	SLIGHTLY	MODERATELY	, QUITE A BIT	EXTREMELY
22.	During the past week, to what extent has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups?				gayay sedev s	Please (Adice)
	(circle number)	1	2	3	4 oftradition 5	5 n elimb ezselfi
		NOT LIMITED AT ALL	SLIGHTLY LIMITED	MODERATELY LIMITED	VERY LIMITED	UNABLE
23	During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem? (circle number)	1	2	3 3	instaul leuzu	ucy gniżu
Ple	ase rate the severity of the following symptoms in the last we	ek. <i>(circle nun</i>	nber)	1449 to Octave a		
and the state of t	E	NONE	MILD	MODERATE	SEVERE	EXTREME
24.	Arm, shoulder or hand pain.	1	2	3	4	5
25.	Arm, shoulder or hand pain when you performed any specific activity.	JAMOITH	S) BIVG(IC ARTS AIC	AIMAOTA 4	5
26.	Tingling (pins and needles) in your arm, shoulder or hand.	nsd to mbludin	2	10 Joseph 201 01 3	4	5
27.	Weakness in your arm, shoulder or hand.	vena saselo (() 1	110d yalq 100 2	3	4	5
28.	Stiffness in your arm, shoulder or hand.	tant io t ou Issections)	may skip the	arument which is instrument. (You	e sport or las ne sport or an	volg 165 ob i
t week. Did you have any difference	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	SO MUCH DIFFICULTY THAT I CAN'T SLEEP	
29. During the past week, how misleeping because of the pain in (circle number)	During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand? (circle number)	JUDANG 1	2	nov ga 3slq roi	nicka a leu Vrioge	ni teov 5 milau so manuntsni
ALL DISCOURTS AND ADDISON	ξ. ξ	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
	I feel less capable, less confident or less useful because of my arm, shoulder or hand problem.			neal or sport	nurtani isokulit Yevili Esucer	State of the state
	(circle number)	1	2	anit for it	nuon 4 lautu ni nuov priival	

A DASH score may <u>not</u> be calculated if there are greater than 3 missing items.

DISABILITIES OF THE ARM, SHOULDER AND HAND

WORK MODULE (OPTIONAL)

The following questions ask about the impact of your arm, shoulder or hand problem on your ability to work (including homemaking if that is your main work role).

Please indicate what your job/work is:

I do not work. (You may skip this section.)

Please circle the number that best describes your physical ability in the past week. Did you have any difficulty:

ERRAU CETTALL GETTALL CETTALL	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
 using your usual technique for your work? 	1	2	3	a glade soluçõe Mosco Poscel en re	shirmed a
doing your usual work because of arm, shoulder or hand pain?					5
	n akpies k a tei izel	2	3	4	5
doing your work as well as you would like?	1401	2	3	Δ	E
spending your usual amount of time doing your work?		2 ····································	or account to obtain a con-		nem engag pageagani di
			oien.	hman to Mebluci	5

SPORTS/PERFORMING ARTS MODULE (OPTIONAL)

The following questions relate to the impact of your arm, shoulder or hand problem on playing your musical instrument or sport or

If you play more than one sport or instrument (or play both), please answer with respect to that activity which is most important to

Please indicate the sport or instrument which is most important to you:_

I do not play a sport or an instrument. (You may skip this section.)

Please circle the number that best describes your physical ability in the past week. Did you have any difficulty:

		NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLI
۱.	using your usual technique for playing your instrument or sport?	1	2	3	4	
•	playing your musical instrument or sport because of arm, shoulder or hand pain?	AIDMORIS.	2	3		3
	playing your musical instrument or sport as well as you would like?	1	lui 2 .me	ezu ssel to mab Idong basin to ti	pable, less confl ty arm, shoulde	5 na ezhi ies n to ezhea
	spending your usual amount of time practising or playing your instrument or sport?	1	2	3	4	_

SCORING THE OPTIONAL MODULES: Add up assigned values for each response; divide by

4 (number of items); subtract 1; multiply by 25.

An optional module score may not be calculated if there are any missing items.





