



We have adapted a questionnaire<sup>1</sup> that can be used to quantify activity limitation and measure functional outcome for anyone with a shoulder condition.



In our experience, we find this a useful way of tracking your progress alongside other some other physical tests.



You will be asked to provide answers on our form that help us produce a symptom score as part of our Athletic Shoulder testing protocol.

**Symptom score**

Please list 3 activities that are challenging for you, rate how difficult each activity is on a scale of 0 to 10 (0 being impossible, 10 being no difficulty). Please be as specific as possible when describing the activities, including details like the duration and intensity, to provide a clear and accurate picture of your functional challenges and abilities. For example, rather than simply "walking," it's more helpful to describe activities like "walking briskly for more than 10 minutes" to provide a comprehensive view of your functional abilities and limitations.

**7. Activity 1**

Enter your answer

**8. How difficult is the above activity?**

0 1 2 3 4 5 6 7 8 9 10  
 Impossible No difficulty



We are going to ask you to identify three important activities that you are unable to do or are having difficulty with as a result of your shoulder problem. For each one we are going to ask you to rate the activity on a scale where 0 = impossible and 10 = no difficulty

Consider how you are **today**, are there any activities that you are unable to do or having difficulty with because of your shoulder?

**Patient-specific activity scoring scheme (Select one number for each activity by following the form):**

0 1 2 3 4 5 6 7 8 9 10

**Impossible**  
 (Unable to perform activity).

**No difficulty** (Able to perform activity at the same level as before injury or problem).

Total score = sum of the activity scores/number of activities  
 Minimum detectable change (90%CI) for average score = 2 points  
 Minimum detectable change (90%CI) for single activity score = 3 points

1. PSFS developed by: Stratford, P., Gill, C., Westaway, M., & Binkley, J. (1995). Assessing disability and change on individual patients: a report of a patient specific measure. Physiotherapy Canada, 47, 258-263.

