Function First Physical Therapy, P.C.

The Penn Shoulder Score, Part 1: Pain and Satisfaction Subscales

Please circle the number closest to your level of pain or satisfaction								Office Use Only		
Pain at re	est w	ith yo	ur an	n by	your :	side:				
0 No pain	1	2	3	4	5	6	7	8	9 10 Worst pain possible	(10 - # circled)
Pain with	norr	nal a	ctivitie	es (ea	ıting,	dress	ing, b	athin	g):	
0 No pain	1	2	3	4	5	6	7	8	9 10 Worst pain possible	(10 – # circled) (Score 0 if not applicable)
		nuou	s acti	vities	(reac	hing,	lifting	, pus	hing, pulling,	
throwing) 0 No pain	1	2	3	4	5	6	7	8	9 10 Worst pain possible	(10 - # circled) (Score 0 if not applicable)
									Pain score:	=/30
How satis		are y	ou w	ith the	e curr	ent le	vel o	f func	tion of your	/10
0 No pain	1	2	3	4	5	6	7	8	9 10 Worst pain possible	(# circled)

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The Penn Shoulder Score: Function Subscale

	ease circle the number that best describes the level f difficulty you might have performing each activity	No difficulty	Some difficulty	Much difficulty	Can't do at all	Did not do <u>befor</u> injury
١.	Reach the small of your back to tuck in your shirt with your hand	3	2	1	0	X
2.	Wash the middle of your back/hook bra	3	2	1	0	X
3.	Perform necessary toileting activities	3	2	1	0	X
١.	Wash the back of opposite shoulder	3	2	1	0	×
5.	Comb hair	3	2	1	0	X
6.	Place hand behind head with elbow held straight out to the side	3	2	1	0	Х
	Dress self (including put on coat and pull shirt off overhead	3	2	1	0	Х
3.	Sleep on affected side	3	2	1	0	Χ
).	Open a door with affected arm	3	2	1	0	X
١٥.	Carry a bag of groceries with affected arm	3	2	1	0	X
1.	Carry a briefcase/small suitcase with affected arm	3	2	1	0	X
12.	Place a soup can (1-2 lb) on a shelf at shoulder level without bending elbow	3	2	1	0	X
13.	Place a one gallon container (8-10 lb) on a shelf at shoulder level without bending elbow	3	2	1	0	X
14.	Reach a shelf above your head without bending your elbow	3	2	1	0	X
15.	Place a soup can (1-2 lb) on a shelf overhead without bending your elbow	3	2	1	0	X
16.	Place a one gallon container (8-10 lb) on a shelf overhead without bending your elbow	3	2	1	0	X
17.	Perform usual sport/hobby	3	2	1	0	X
18.	Perform household chores (cleaning, laundry, cooking)	3	2	1	0	X
9.	Throw overhand/swim/overhead racquet sports (circle all that apply to you)	3	2	1	0	Х
20	Work full-time at your regular job	3	2	1	0	X

Function Score = ___(a) ÷ ____(c) = ____ × 60 ____/60

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