## Oxford Shoulder Score (OSS)

English version for the United Kingdom

## **PROBLEMS WITH YOUR SHOULDER**

Tick ( $\checkmark$ ) one box for every question.

1.	During the p	ast 4 weeks					
	How would yo	u describe the <b>v</b>	<b>vorst</b> pain yo	u had <u>from your</u>			
	None	Mild	Moderate	Severe	Unbearable —		
2.	During the p	ast 4 weeks					
	-		ssing yourself	f <u>because of you</u>	r shoulder?		
	No trouble	A little bit of	Moderate	Extreme	Impossible		
	at all	trouble	trouble	difficulty	to do		
3.	During the past 4 weeks						
	Have you had any trouble getting in and out of a car or using public						
		nuse of your sho A little bit of		Extreme	Impossible		
	at all		trouble	difficulty	to do		
4.	During the p	ast 4 weeks					
	Have you beer	n able to use a k		- at the same ti	me?		
	Yes,	With little	With moderate	With extreme	No,		
	easily	difficulty	difficulty	difficulty	•		
5.	During the p	ast 4 weeks					
	Could you do	the household sl	nopping <u>on yo</u>	our own?			
	Voc	With little	With moderate	With extreme	No		
	Yes, easily	difficulty	difficulty	difficulty	No, impossible		
	n ´				· I		
6.	During the p	ast 4 weeks					
	Could you carr	ry a tray contain	ing a plate of	f food across a ro	oom?		
	V	\A/:+!- !:+!	With	\\/:LlaL	N.I		
	Yes, easily	With little difficulty	moderate difficulty	With extreme difficulty	No, impossible		

7.	During the pa	ast 4 weeks						
	Could you brush/comb your hair with the affected arm?							
	Yes, easily	With little difficulty	With moderate difficulty	With extreme difficulty	No, impossible			
8.	During the past 4 weeks							
	How would you describe the pain you <u>usually</u> had from your shoulder?							
	None	Very mild	Mild	Moderate	Severe			
9.	9. During the past 4 weeks							
	Could you hang your clothes up in a wardrobe, using the affected arm?							
	Yes, easily	With little difficulty	With moderate difficulty	With great difficulty	No, impossible			
10.	During the p	ast 4 weeks						
10.	-			elf under both ar	·ms?			
10.	-		and dry yourse With	elf under both ar With extreme difficulty	No, impossible			
11.	Have you been	n able to wash a With little difficulty	and dry yourse With moderate	With extreme	No,			
	Yes, easily  During the partnership How much has	with little difficulty  ast 4 weeks s pain from you	and dry yourse With moderate difficulty	With extreme	No, impossible			
	Yes, easily  During the page	with little difficulty  ast 4 weeks s pain from you	and dry yourse With moderate difficulty	With extreme difficulty	No, impossible			
	Yes, easily  During the particular of the partic	with little difficulty  ast 4 weeks s pain from you sework)?	and dry yourse With moderate difficulty   r shoulder inte	With extreme difficulty	No, impossible			
11.	Yes, easily  During the particular of the partic	with little difficulty  ast 4 weeks s pain from you sework)? A little bit	and dry yourse With moderate difficulty  r shoulder inte	With extreme difficulty	No, impossible  r usual work  Totally			
11.	Yes, easily  During the particular of the partic	with little difficulty  ast 4 weeks s pain from you sework)? A little bit	and dry yourse With moderate difficulty  r shoulder inte	With extreme difficulty  crfered with your  Greatly	No, impossible  r usual work  Totally			

Finally, please check back that you have answered each question.

Thank you very much.