

OXFORD SHOULDER SCORE

RIGHT

Problems with your shoulder

LEFT

During the past 4 weeks...

✓ tick one box for each question

1 During the past 4 weeks ...

How would you describe the worst pain you had *from your shoulder*?

None

Mild

Moderate

Severe

Unbearable

2 During the past 4 weeks ...

Have you had any trouble dressing yourself *because of your shoulder*?

No trouble
at all

A little bit
of trouble

Moderate
trouble

Extreme
difficulty

Impossible
to do

3 During the past 4 weeks ...

Have you had any trouble getting in and out of a car or using public transport *because of your shoulder*?

No trouble
at all

A little bit
of trouble

Moderate
trouble

Extreme
difficulty

Impossible
to do

4 During the past 4 weeks ...

Have you been able to use a knife and fork – *at the same time*?

Yes,
easily

With little
difficulty

With moderate
difficulty

With extreme
difficulty

No,
impossible

5 During the past 4 weeks ...

Could you do the household shopping *on your own*?

Yes,
easily

With little
difficulty

With moderate
difficulty

With extreme
difficulty

No,
impossible

6 During the past 4 weeks ...

Could you carry a tray containing a plate of food across a room?

Yes,
easily

With little
difficulty

With moderate
difficulty

With extreme
difficulty

No,
impossible

Oxford Shoulder Score

7 During the past 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 *usually* had from your shoulder?

None

Very mild

Mild

Moderate

Severe

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 past 4 weeks ...

Have you been able to wash and dry yourself under both arms?

Yes,
easily

With little
difficulty

With moderate
difficulty

With extreme
difficulty

No,
impossible

11 During the past 4 weeks ...

How much has *pain from your shoulder* interfered with your usual work (including housework)?

Not at all

A little bit

Moderately

Greatly

Totally

12 During the past 4 weeks ...

Have you been troubled by *pain from your shoulder* in bed at night?

No
nights

Only 1 or 2
nights

Some
nights

Most
nights

Every
night



Nuffield
Department of
Orthopaedic Surgery

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