



Oxford Shoulder Score

Please fill in your details below:

Name: _____

Date: _____

The purpose of the Oxford Shoulder Score is to help assess the impact that your shoulder pain has had on your daily life in the past four weeks. The score will be one of several factors your GP will take into account, before discussing with you the next steps in the management of your problem.

The following questions must ALL be answered on your experiences over the past 4 weeks.

Please check 1 box for each question.

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

None Mild Moderate Severe Unbearable

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

None Little Moderate Extreme Impossible

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

None Little Moderate Extreme Impossible

4. Have you been able to use a knife and fork at the same time?

Yes Little difficulty Moderate difficulty Extreme difficulty Impossible

5. Could you do the household shopping on your own?

Easily Little difficulty Moderate difficulty Extreme difficulty Impossible

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

Easily Little difficulty Moderate difficulty Extreme difficulty Impossible

7. Could you brush/comb your hair with the affected arm?

Easily Little difficulty Moderate difficulty Extreme difficulty Impossible

8. How would you describe the pain you usually had from your shoulder?

None Very Mild Moderate Severe

9. Could you hang your clothes up in a wardrobe, using the affected arm?

(whichever you tend to use)

Easily Little difficulty Moderate difficulty Extreme difficulty Impossible

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

Easily Little difficulty Moderate difficulty Extreme difficulty Impossible

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

Not at all A little bit Moderately Greatly Totally

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

No night 1 or 2 nights Some nights Most nights Every night

The Oxford score is _____/48

Reference:

Dawson J, Fitzpatrick R, Carr A, Questionnaire on the perceptions of patients about shoulder surgery' J Bone Joint Surg Br. 1996 Jul;78(4):593-600,