

Oxford Elbow Score (OES)

English version for the United Kingdom



PROBLEMS WITH YOUR ELBOW

Tick (\checkmark) one box for every question.

1.	During the pa	ast 4 weeks						
	Have you had difficulty lifting things in your home, such as putting out							
	the rubbish, because of your elbow problem?							
	No	A little bit of	Moderate	Extreme	Impossible to do			
	difficulty	difficulty	difficulty	difficulty	to do			
2.	During the past 4 weeks Have you had difficulty carrying bags of shopping, because of your elbow							
	have you had problem?	difficulty carryii			of your elbow			
	No difficulty	A little bit of	Moderate	Extreme	Impossible			
	difficulty	difficulty	difficulty	difficulty	to do			
3.		ast 4 weeks						
	•	any difficulty w	ashing yoursel	f <u>all over</u> , <u>beca</u>	<u>use of your</u>			
	elbow problem		Moderate	Evelua na a	Transasible			
	No difficulty	A little bit of difficulty	Moderate difficulty	Extreme difficulty	Impossible to do			
4.	During the past 4 weeks							
	-	any difficulty dr	ressing yourse	lf, <u>because of y</u>	<u>our elbow</u>			
	problem?	A little bit of	Moderate	Extreme	Impossible			
	difficulty	difficulty	difficulty	difficulty	to do			
			•	•				
5.	During the pa	ast 4 weeks						
	Have you felt that your elbow problem is "controlling your life"?							
7		Occasionally		Most days	Every day			
X								
<u>'</u>								
6.	During the pa	ast 4 weeks						
		your elbow pro	oblem been "or	n your mind"?				
		A little	Some	Most	All			
	Not at all	of the time	of the time	of the time	of the time			

7.	During the p	ast 4 weeks					
	Have you been troubled by pain from your elbow in bed at night?						
	Nia+ a+ all	1 or 2	Some	Most	Every		
	Not at all	nights	nights	nights	night		
8.	During the p	ast 4 weeks					
	How often has your elbow pain interfered with your sleeping?						
			Some	Most	All		
	Not at all	Occasionally	of the time	of the time	of the time		
9.	During the p	ast 4 weeks					
	How much has	s your elbow pro	oblem interfere	ed with your us	ual work or		
	everyday activ						
	Not at all	A little bit	Moderately	Greatly	Totally		
10	During the n	ast 4 weeks					
10.		ast 4 weeks w problem limit	ed vour ability	to take part in	leisure		
10.	Has your elbo	ast 4 weeks w problem limit you enjoy doing		to take part in	leisure		
10.	Has your elboractivities that	w problem limit you enjoy doing	g? Some	Most	All		
10.	Has your elboractivities that	w problem limit	g? Some		All		
10.	Has your elboractivities that	w problem limit you enjoy doing	g? Some	Most	All		
10.	Has your elboractivities that	w problem limit you enjoy doing	g? Some	Most	All		
	Has your elboractivities that	w problem limity you enjoy doing Occasionally	g? Some	Most	All		
	Has your elboractivities that No, not at all During the p How would yo	w problem limite you enjoy doing Occasionally ast 4 weeks u describe the y	Some of the time	Most of the time	All of the time		
	Has your elboractivities that No, not at all During the p How would you	w problem limite you enjoy doing Occasionally ast 4 weeks u describe the younger	Some of the time worst pain you Moderate	Most of the time have from your	All of the time		
	Has your elboractivities that No, not at all During the p How would yo	w problem limite you enjoy doing Occasionally ast 4 weeks u describe the y	Some of the time	Most of the time	All of the time		
	Has your elboractivities that No, not at all During the p How would you	w problem limite you enjoy doing Occasionally ast 4 weeks u describe the younger	Some of the time worst pain you Moderate	Most of the time have from your	All of the time		
11.	Has your elboractivities that No, not at all During the p How would you how pain	w problem limite you enjoy doing Occasionally ast 4 weeks u describe the younger	Some of the time worst pain you Moderate	Most of the time have from your	All of the time		
11.	Has your elboractivities that No, not at all During the p How would you No pain During the p	w problem limite you enjoy doing Occasionally ast 4 weeks u describe the y Mild pain	Some of the time worst pain you Moderate pain	Most of the time have from your Severe pain	All of the time r elbow? Unbearable		
11.	Has your elboractivities that No, not at all During the p How would you No pain During the p How would you No poin No No No No No	occasionally Occasionally ast 4 weeks u describe the y Mild pain ast 4 weeks u describe the p Mild	Some of the time worst pain you Moderate pain pain you usuall Moderate	Most of the time have from your Severe pain have from your	All of the time r elbow? Unbearable ur elbow?		
11.	Has your elboractivities that No, not at all During the p How would you pain During the p How would you pain During the p How would you	occasionally Occasionally ast 4 weeks u describe the y Mild pain ast 4 weeks u describe the y Mild pain u describe the y ast 4 weeks	Some of the time worst pain you Moderate pain pain pain you usuall	Most of the time have from your Severe pain have from your	All of the time r elbow? Unbearable		

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

Thank you very much.