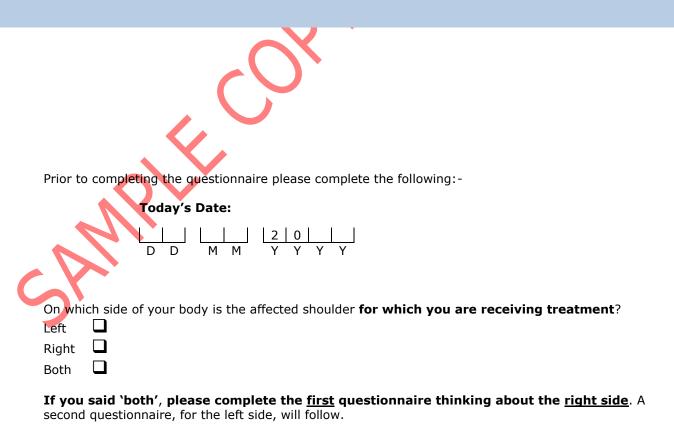


Oxford Shoulder Score (OSS)

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 you describe the worst pain you had <u>from your shoulder</u> ?							
	None	Mild	Moderate	Severe	Unbearable			
2.		ast 4 weeks						
		-		f <u>because of you</u>				
	No trouble at all	A little bit of trouble	Moderate trouble	Extreme difficulty	Impossible to do			
				Н)	<u> </u>			
3.	During the past 4 weeks							
	Have you had any trouble getting in and out of a car or using public							
				ever you tend to				
	No trouble at all	A little bit of trouble	Moderate trouble	Extreme difficulty	Impossible to do			
			Clouble					
4.	During the past 4 weeks							
	Have you been	n able to use a k	nife and fork	- at the same ti	me?			
	Yes,	With little	With moderate	With extreme	No,			
	easily	difficulty	difficulty	difficulty	impossible			
	\Box				· 🗆			
		<u> </u>						
5.	During the p	ast 4 weeks						
	Could you do	the household s	hopping <u>on y</u>	our own?				
	N Voc	With little	With	With outroms	No			
•	Yes, easily	difficulty	moderate difficulty	With extreme difficulty	No, impossible			
1					· 🗆			
V								
6.	During the p	ast 4 weeks						
	Could you can	ry a tray contain	ning a plate o	f food across a r	room?			
	V	\A/;#\\ :## -	With	\\/ith	NIO			
	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 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.	9. During the past 4 weeks						
	Could you hang your clothes up in a wardrobe, <u>using the affected arm</u> ?						
	Yes, easily	With little difficulty	With moderate difficulty	With great difficulty	No, impossible		
	During the past 4 weeks						
10.	During the pa	ast 4 weeks					
10.	-		and dry yours	elf under both ar	ms?		
10.	-		and dry yourse With	elf under both ar With extreme difficulty	No, impossible		
	Have you been	With little difficulty	and dry yourse With moderate difficulty	With extreme	No,		
	Yes, easily During the pa	With little difficulty ast 4 weeks pain from you	and dry yourse With moderate difficulty	With extreme	No, impossible		
	Yes, easily During the particular of the partic	With little difficulty ast 4 weeks pain from you	and dry yourse With moderate difficulty	With extreme difficulty	No, impossible		
	Yes, easily During the particular forms and t	With little difficulty ast 4 weeks s pain from you sework)?	with moderate difficulty	With extreme difficulty	No, impossible		
11.	Yes, easily During the particular forms and t	With little difficulty ast 4 weeks s pain from you sework)? A little bit	with moderate difficulty r shoulder inte	With extreme difficulty	No, impossible		
11.	Yes, easily During the particular from much has (including house) Not at all During the particular from	With little difficulty ast 4 weeks s pain from you sework)? A little bit	with moderate difficulty r shoulder inte	With extreme difficulty	No, impossible r usual work Totally		

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

Thank you very much.