Shoulder Pain and Disability Index

Pain !														
Select 1	evere is the nu pain a	mber t	that b					here:						
At its v	worst:					- Lampleman		- A - MAY UMM			Marian Marian Marian			
0	1	2	3	4	5	6	7	8	9	10				
When	lying	on th	e inv	olved	side?									
0	1	2	3	4	5	6	7	8	9	10				
Reach	ing fo	r som	ethin	g on	a high	shel	f?		Fi					
0	1	2	3	4	5	6	7	8	9	10				
Fouch	ing th	e bac	k of y	our n	eck?									
0	1	2	3	4	5	6	7	8	9	10				
Pushi	ng wit	h the	invo	ved a	rm?									
0	1	2	3	4	5	6	7	8	9	10				
low m	uch di the nu difficu	mber	do yo	est de	scribe	-	expe		where	2:	with the application in this control of the control		nga may manakanh da Madalah da Ma	
How m Select 0 = no Washi	nuch di the nu difficu	fficulty mber lity and ur ha	do yothat bd 10 =	est de = so di	escribe efficult	it requ	experuires h	rience ielp.	·			gjerettigala daga kitir di silikala nasaraka ma	g ay walah diningga kanaga	
How m Select 0 = no Washi	the nu difficu ing yo	fficulty imber ilty and ur ha	do yo that b d 10 = ir?	est de	scribe	-	expe	rience	where	10				
How modelect of the control of the c	iuch di the nu difficu ing yo 1	fficulty imber ilty and our ha	do yo that b d 10 = ir? 3 ck?	est de = so di 4	escribe: ifficult	it requ	expendires h	rience relp.	9	10				
How m Select 0 = no Washi 0	ing yo	fficulty imber ilty and ur ha 2 our bac 2	/ do yo that b d 10 = ir? 3 ck?	est de = so di 4	scribe ifficult 5	it requ	experuires h	rience ielp.	·					
How model of the select of the	ing you	fficulty imberiality and our had 2 our back 2	ir? 3 ck? 3 dersh	est de = so di 4 4	scribe ifficult 5 5 jump	6 6 er?	r experiuires h	nence nelp. 8	9	10				and processors
How model of the control of the cont	ing you	fficulty imberiality and our had 2 our back 2 an unc	ir? 3 ck? 3 dersh	est de = so di 4 4 4 irt or	scribe: fficult 5 5 jump 5	6 6 er?	r experiuires h	selp.	9	10				
How model of the control of the cont	ing you	fficulty imber ilty and ur ha 2 ur ba 2 an und 2	ir? 3 ck? 3 dersh 3	est de so di 4 4 4 irt or 4 butto	scribe fficult 5 jump 5 ons do	6 6 er? 6	7 7 7 7 7 1e fro	selp.	9 9	10				
Washi 0 Puttin 0	ing you	fficulty imber ilty and 2 aur ba 2 an und 2 a shirt 2	ir? 3 ck? 3 dersh 3 t that	est de so di 4 4 4 irt or 4 butto	scribe fficult 5 5 jump 5 ons do	6 6 er? 6	7 7 7 7 7 1e fro	8 8 8 nt?	9 9	10 10 10				
Washi O Puttin O Puttin	ing you ing	fficulty imber ilty and 2 aur ba 2 an und 2 a shirt 2	ir? 3 ck? 3 dersh 3 t that 3	est de so di 4 4 4 irt or 4 butto	scribe: ifficult 5 jump 5 ons do 5	6 6 6 6 6 wn th	7 7 7 7 7 7 7	sience selp. 8 8 8 8 8 8 8	9 9 9	10 10 10				
Washi O Puttin O Puttin O Puttin O	ing you ing	fficulty imberialty and our had 2 our back 2 an unce 2 a shirt 2 your p	ir? 3 ck? 3 dersh 3 that 3 ants?	est de so di 4 4 4 irt or 4 butto 4	scribe: fficult 5 jump 5 ons do 5	6 6 6 6 6 6 6 6 6 6	7 7 7 7 7 7 7	sience selp. 8 8 8 8 8 8 8	9 9 9	10 10 10 10				
Washi O Puttin O Puttin O Puttin O	ing you ing	fficulty imber ilty and ur ha 2 our ba 2 an und 2 your p 2 object	ir? 3 ck? 3 dersh 3 that 3 cants?	est de so di 4 4 4 irt or 4 butto 4	scribes fficult 5 5 jump 5 ons do 5 shelf	6 6 6 6 6 6	7 7 7 7 7 7 7 7 7	sience selp. 8 8 8 8 8 8 8	9 9 9	10 10 10 10				
How model of the second of the	ing you ing you ing you ing on a ing on y	fficulty amber all ty and a shirt 2 your p 2 pobject 2	ir? 3 ck? 3 dersh 3 that 3 on a 3	est de so di 4 4 4 iirt or 4 butto 4 high 4	scribes fficult 5 5 jump 5 ons do 5 shelf	6 6 6 6 6 6 6 6 6	r experience has a series of the from 7 7 7 7 7 7 7 7	8 8 8 8 8 8	9 9 9	10 10 10 10				
How model of the second of the	ing you ing you ing you ing you ing on a	fficulty amber all ty and a shirt 2 your p 2 pobject 2	ir? 3 ck? 3 dersh 3 that 3 cants? 3 con a 3	est de so di 4 4 4 iirt or 4 butto 4 high 4	scribes fficult 5 5 jump 5 ons do 5 shelf	6 6 6 6 6 6 6 6 6	7 7 7 7 7 7 7 7 7 7 7 7	8 8 8 8 8 8	9 9 9	10 10 10 10				
Washi Washi O Puttin O Puttin O Carryi O	ing you ing you ing you ing you ing on a	fficulty imberiality and our had 2 our back 2 an und 2 a shirt 2 your p 2 bject 2 heavy 2	ir? 3 ck? 3 dersh 3 that 3 ants? 3 on a 3	est de so di 4 4 4 iirt or 4 butto 4 high 4	scribes fficult 5 jump 5 ons do 5 shelf 5 10 pool	6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 ams)	10 10 10 10 10				