

## Evaluation Sheet for Shoulder Instability (JSS Shoulder Instability Score ; JSS-SIS)

Registration Number :	Patient Name:	Sex : M / F
Date of Birth:      day /mo      yr      (Age:      )	Date of Record:      day /mo /yr	
Diagnosis:      R / L	Hand dominance: R / L	Method of Treatment:
Date of Surgery:      day /mo /yr	Treatment: before or after	Person recorded:

I . Pain (20 points)					
None				20	
Pain while playing sports				10	
Pain while at work or active daily living				5	
Pain while resting				0	
II . Function (20 points)					
(1) Ability to work and play sports (10 points)					
Work: no problem · Sports: no problem				10	
Work: no problem · Sports: slight restriction with throwing				7	
Work: restriction with overhead work · Sports: restriction with all sports				4	
Work: unable to do overhead work · Sports: unable to play any sports				0	
(2) Muscle strength (10 points) (Choose abductor or external rotator, whichever weaker)					
Muscles: abductor · external rotator					
Manual muscle test: 5				10	
Manual muscle test: 4				5	
Manual muscle test: 3 or less				0	
III . Range of motion (20 points)    measure in sitting position (degrees: affected side / normal side)					
External rotation with arm down ( / )		Abduction ( / )		Internal rotation ( / )	
100% of normal side	10	160 ~ 180°	5	To Th8	5
70 ~ 99%	7	130 ~ 159°	3	To L1	3
50 ~ 69%	3	90 ~ 129°	1	To buttock	1
30 ~ 49%	1	Below 90°	0	To thigh	0
Below 30%	0				
IV . X ray evaluation (10 points)					
Normal				10	
Mild degenerative changes				5	
Severe degenerative changes				0	
V . Stability (30 points)					
Normal				30	
Apprehensive feeling				25	
Mild instability, sulcus sign (+) or apprehension sign (+)				20	
Severe instability				10	
History or state of dislocation				0	
VI . Total scores					
I	II	III	IV	V	
Pain	Function	Range of motion	X-ray evaluation	Stability	Total
(      )	(      )	(      )	(      )	(      )	(      )
VII . Patient's and doctor's satisfaction.					
Patient's satisfaction:		satisfied	fair	unsatisfied	
Doctor's satisfaction:		satisfied	fair	unsatisfied	

Addendum;

1) Apply only to the shoulder joint

2) Range of external rotation of the shoulder is shown by percentage of normal side. When the opposite side is also affected, use 60 degree for the denominator.

3) To evaluate instability, select the most unstable direction of forward, backward and downward. The degree of stability is judged by criteria for the evaluation of treatment for shoulder impairment.

4) Points should not be deducted if shoulder dislocation has not recurred for the past five years.