

Shoulder Evaluation Sheet

“ Shoulder 36 V. 1.3 ” User Manual

1. The following assessment sheet: “ Shoulder 36 V. 1.3 ” can be downloaded from the websites of the *Japan Shoulder Society* and *The Japanese Orthopaedic Association*.
2. The assessment sheet has been completed and authorized for publication by *The Japanese Orthopaedic Association and Japan Shoulder Society*. Unauthorized modification is prohibited. You are admitted to use this assessment sheet for study or research purposes and a copy can be obtained for free of charge. However, it **MUST NOT** be used for any commercial purposes, unless you obtain permission by *The Japanese Orthopaedic Association*. You must refer to the cited paper and the version number when using this material for presentation and publications.
3. For each of the 36 questions, patients are asked to self-interpret their symptoms using a scoring system divided into five levels (0~4).

Please circle to choose level of difficulty in the space () provided on the right-hand side of each question. Larger numbers indicate a better level of symptoms.

I have no difficulties	4
I have minor difficulties	3
I have some difficulties but I can manage on my own	2
I have major difficulties and require help from someone	1
I can not do it (at all)	0

For example; (0 , 1 , ② , 3 , 4)

4. It is preferable that the patients answer their questions in the waiting rooms or at their homes as the presence of a doctor or other medical staff can inflict bias.
5. When the patient comes across a situation or activities he/she may not have done before, he/she must try to imagine the situation and choose level of difficulty he/she is most comfortable with. If questions are not clear to the patient, he/she may leave them unanswered and move on to complete the questionnaire. Unanswered questions may be reviewed with designated doctor (or person in charge) afterwards.

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6. A total of thirty-six questions are categorized into six domains (Pain, Range of motion, Muscle strength, General health, Ability of daily living (ADL) and Sports ability).
7. Domain score is calculated by taking the average of “severity scores (0~4)”, assigned for each domain. When there are questions left blank or invalid for assessment, the average domain score will be calculated without these responses. However, if a domain collects less than a half of assigned responses, it will be deemed invalid for assessment, thus the average is not taken. Domain scores are calculated by two decimal places, rounded up into the second digit.
8. If less than a half of the scores in pain domain section are collected, special circumstances apply, whereby responses from other domain sections can be ‘borrowed’ to make up the number. Further procedural explanation for this circumstance will be provided later in the manual (*).
9. In order to maintain the reliability of the assessment, please encourage patients to answer as many questions as possible.
10. For patients with both shoulders affected, two questionnaires must be filled out, one for each shoulders.
11. Please be aware that scores for each domain are based on a patient’s subjective standpoint. It does not therefore represent the same value as doctor’s perceived level of severity.
12. Each domain (from the total of six) represents a value and should be used for comparison. The sum of all six domains should not be used for comparison so please refrain from doing so.

Scoring System for Each Domain

A question number is represented inside these brackets《 》. Each question is scored between 0 ~ 4 .

Domain score valid for assessment can be calculated by finding the average of severity scores for each domain.

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- A) Pain (6 questions) : 《 3 》 《16》 《22》 《24》 《28》 《32》
- B) Range of motion (9 questions) : 《 2 》 《 4 》 《 5 》 《 7 》 《 8 》 《 9 》 《11》
(ROM) 《12》 《18》
- C) Muscle strength (6 questions) : 《13》 《20》 《23》 《27》 《29》 《34》
- D) General health (6 questions) : 《 1 》 《17》 《25》 《26》 《31》 《33》
- E) Ability of daily living (7 questions) : 《 6 》 《10》 《14》 《15》 《19》 《21》 《30》
(ADL)
- F) Ability for sports (2 questions) : 《35》 《36》

“Back-up” plan for the pain domain section:

(*) Due to the significance of the pain domain section, special rules apply when three or more questions required for assessment are not collected. When the pain domain collects less than a half of all responses, questions from other domain sections (《20》・《10》・《18》・《6》・《34》 respectively, and maximum of three) can be ‘borrowed’ in order to make up the number of three questions.

Answer Sheet

Domain	Severity Scores for each Questions									Overall Score (Avg) Sum of Scores / Number of Questions = Domain Score
Pain										
Range of motion										
Muscle strength										
General health										
Ability of daily living										
Ability for sports										

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