

ASES Shoulder Score

Name

Age

Date

1. Usual Work

2. Usual Sport/Leisure activity?

3. Do you have shoulder pain at night?

 Yes No

4) Do you take pain killers such as paracetamol (acetaminophen), diclofenac, or ibuprofen?

 Yes No

5) Do you take strong pain killers such as codeine, tramadol, or morphine?

 Yes No

6) How many pills do you take on an average day?

7) Intensity of pain?

10 9 8 7 6 5 4 3 2 1
 Pain as bad as it can be

8) Is it difficult for you to put on a coat?

 Unable to do Very difficult to do Somewhat difficult Not difficult

9) Is it difficult for you to sleep on the affected side?

 Unable to do Very difficult to do Somewhat difficult Not difficult

10) Is it difficult for you to wash your back/do up bra?

 Unable to do Very difficult to do Somewhat difficult Not difficult

11) Is it difficult for you manage toileting?

 Unable to do Very difficult to do Somewhat difficult Not difficult

12) Is it difficult for you to comb your hair?

 Unable to do Very difficult to do Somewhat difficult Not difficult

13) Is it difficult for you to reach a high shelf?

 Unable to do Very difficult to do Somewhat difficult Not difficult

14) Is it difficult for you to lift 10lbs. (4.5kg) above your shoulder?

 Unable to do Very difficult to do Somewhat difficult Not difficult

15) Is it difficult for you to throw a ball overhand?

 Unable to do Very difficult to do Somewhat difficult Not difficult

16) Is it difficult for you to do your usual work?

 Unable to do Very difficult to do Somewhat difficult Not difficult

17) Is it difficult for you to do your usual sport/leisure activity?

 Unable to do Very difficult to do Somewhat difficult Not difficultTo save this data please print or

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Page design : Aaron Rooney

The Total ASES score is:

Reference : American Shoulder and Elbow Surgeons Standardized Shoulder Assessment Form report section: reliability, validity, and responsiveness. Michener LA, McClure PW, Sennett BJJ Surg. 2002 Nov-D