

PATIENT NAME: _____

DOB: _____ DATE: _____



Physical Therapy & Wellness Center

SHOULDER PAIN AND DISABILITY INDEX

Please place a mark on the line that best represents your experience during the last week attributable to your shoulder problem.

PAIN SCALE: How severe is your pain?

Circle the number that best describes your pain where: 0 = no pain and 10 = the worst pain imaginable

At it's worst?	1	2	3	4	5	6	7	8	9	10
When lying on the involved side?	1	2	3	4	5	6	7	8	9	10
Reaching for something on a high shelf?	1	2	3	4	5	6	7	8	9	10
Touching the back of your neck?	1	2	3	4	5	6	7	8	9	10
Pushing with the involved arm?	1	2	3	4	5	6	7	8	9	10

for your Physical Therapists Use:

Total pain score _____ /50 X 100 = _____ %

(Note: If a person does not answer all questions divide by the total possible score, eg. If 1 question missed divide by 40)

DISABILITY SCALE: How much difficulty do you have?

Circle the number that best describes your pain where: 0 = no pain and 10 = the worst pain imaginable

Washing your hair?	1	2	3	4	5	6	7	8	9	10
Washing your back?	1	2	3	4	5	6	7	8	9	10
Putting on an undershirt or jumper?	1	2	3	4	5	6	7	8	9	10
Putting on a shirt that buttons down the front?	1	2	3	4	5	6	7	8	9	10
Putting on your pants?	1	2	3	4	5	6	7	8	9	10
Placing an object on a high shelf?	1	2	3	4	5	6	7	8	9	10
Carrying a heavy object of 10 pounds (4.5 kgs)?	1	2	3	4	5	6	7	8	9	10
Removing something from your back pocket?	1	2	3	4	5	6	7	8	9	10

for your Physical Therapists Use:

Total disability score _____ /80 X 100 = _____ %

(Note: If a person does not answer all questions divide by the total possible score, eg. If 1 question missed divide by 70)

for your Physical Therapists Use:

Total Spadi score _____ /130 X 100 = _____ %

(Note: If a person does not answer all questions divide by the total possible score, eg. If 1 question missed divide by 120)

Minimum Detectable Change (90% confidence) = 13 points

(Change less than this may be attributable to measurement error)

Source: Roach et al. (1991). Development of a shoulder pain and disability index

MKG 3/30/2016