

Shoulder Pain and Disability Index (SPADI)

Pain Scale : How severe is your pain? 0 = no pain 10 = worst pain imaginable	Rating
1) At its worst?	
2) When lying on the involved side?	
3) Reaching for something on a high shelf?	
4) Touching the back of your neck?	
5) Pushing with the involved arm?	
Disability Scale : How much difficulty do you have? 0 = no difficulty 10 = so difficult I require help	
6) Washing your hair?	
7) Washing your back?	
8) Putting on an undershirt or pullover sweater?	
9) Putting on a shirt that buttons down the front?	
10) Putting on your pants?	
11) Placing an object on a high shelf?	
12) Carrying a heavy object of 10 pounds?	
13) Removing something from your back pocket?	

Total : /50 (pain)

/80 (disability)

/130