

DISABILITIES OF THE ARM, SHOULDER, AND HAND

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

		NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1.	Open a tight or new jar	1	2	3	4	5
2.	Write	1	2	3	4	5
3.	Turn a key	1	2	3	4	5
4.	Prepare a meal	1	2	3	4	5
5.	Push open a heavy door	1	2	3	4	5
6.	Place an object on a shelf above your head	1	2	3	4	5
7.	Do heavy household chores (e.g., wash walls, floors)	1	2	3	4	5
8.	Garden or do yard work	1	2	3	4	5
9.	Make a bed	1	2	3	4	5
10.	Carry a shopping bag or briefcase	1	2	3	4	5
11.	Carry a heavy object (over 10 lbs.)	1	2	3	4	5
12.	Change a lightbulb overhead	1	2	3	4	5
13.	Wash or blow-dry your hair	1	2	3	4	5
14.	Wash your back	1	2	3	4	5
15.	Put on a pullover sweater	1	2	3	4	5
16.	Use a knife to cut food	1	2	3	4	5
17.	Recreational activities that require little effort (e.g., card playing, knitting, etc.)	1	2	3	4	5
18.	Recreational activities in which you take some force or impact through your arm, shoulder, or hand (e.g., golf, hammering, tennis, etc.)	1	2	3	4	5
19.	Recreational activities in which you move your arm freely (e.g., playing frisbee, badminton, etc.)	1	2	3	4	5
20.	Manage transportation needs (getting from one place to another)	1	2	3	4	5
21.	Sexual activities	1	2	3	4	5

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	NOT AT ALL	SLIGHTLY	MODERATELY	QUITE A BIT	EXTREMELY
22. During the past week, to what extent has your arm, shoulder, or hand problem interfered with your normal social activities with family, friends, neighbors, or groups (circle number)	1	2	3	4	5

	NOT LIMITED AT ALL	SLIGHTLY LIMITED	MODERATELY LIMITED	VERY LIMITED	UNABLE
23. During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder, or hand problem? (circle number)	1	2	3	4	5

Please rate the severity of the following symptoms in the last week:

	NONE	MILD	MODERATE	SEVERE	EXTREME
24. Arm, shoulder, or hand pain	1	2	3	4	5
25. Arm, shoulder, or hand pain when you performed any specific activity	1	2	3	4	5
26. Tingling (pins and needles) in your arm, shoulder, or hand	1	2	3	4	5
27. Weakness in your arm, shoulder, or hand	1	2	3	4	5
28. Stiffness in your arm, shoulder, or hand	1	2	3	4	5

	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	SO MUCH DIFFICULTY THAT I CAN'T SLEEP
29. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder, or hand? (circle number)	1	2	3	4	5

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
30. I feel less capable, less confident, or less useful because of my arm, shoulder, or hand problem (circle number)	1	2	3	4	5

DASH DISABILITY / SYMPTOM SCORE = ____ ([(sum of n responses / n) - 1] x 25, where n is the number of completed responses.)

A DASH score may not be calculated if there are greater than 3 missing items.