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The Disabilities of the Arm, Shoulder and Hand (DASH) Score

Clinician's name (or ref) Marcus Chan

Patient's name (or ref A00001

INSTRUCTIONS: This questionnaire asks about your symptoms as well as your ability to perform certain activities. Please answer *every question* , based on your condition in the **last week**. If you did not have the opportunity to perform an activity in the past week, please make your *best estimate* on which response would be the most accurate. It doesn't matter which hand or arm you use to perform the activity; please answer based on you ability regardless of how you perform the task.

Please rate your ability to do the following activities in the last week.

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

22.	During the past week, *to what extent* has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups?	○ **Not at all**	○ **Slightly**	○ **Moderately**	◉ **Quite a bit**	○ **Extremely**
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?	○ **Not limited at all**	○ **Slightly limited**	○ **Moderately limited**	◉ **Very limited**	○ **Unable**
	Please rate the severity of the following symptoms in the last week					
24.	Arm, shoulder or hand pain	○ **None**	◉ **Mild**	○ **Moderate**	○ **Severe**	○ **Extreme**
25.	Arm, shoulder or hand pain when you performed any specific activity	○ **None**	○ **Mild**	○ **Moderate**	◉ **Severe**	○ **Extreme**
26.	Tingling (pins and needles) in your arm, shoulder or hand	◉ **None**	○ **Mild**	○ **Moderate**	○ **Severe**	○ **Extreme**
27.	Weakness in your arm, shoulder or hand	○ **None**	○ **Mild**	○ **Moderate**	○ **Severe**	◉ **Extreme**
28.	Stiffness in your arm, shoulder or hand	◉ **None**	○ **Mild**	○ **Moderate**	○ **Severe**	○ **Extreme**
29.	During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand?	○ **No difficulty**	◉ **Mild difficulty**	○ **Moderate difficulty**	○ **Severe difficulty**	○ **So much I can't sleep**
30.	I feel less capable, less confident or less useful because of my arm, shoulder or hand problem	○ **Strongly disagree**	○ **Disagree**	○ **Neither agree nor disagree**	○ **Agree**	◉ **Strongly agree**

Thank you very much for completing all the questions in this questionnaire.

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The Disabilies of the Arm, Shoulder and Hand (DASH) Score is 60.0

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

There are two further small sections to this score. They are both optional. Just click below to select

WORK MODULE **SPORTS/PERFORMING ARTS MODULE**

Reference for Score: Hudak PL, Amadio PC, Bombardier C. Development of an upper extremity outcome measure: the DASH (disabilities of the arm, shoulder and hand) [corrected]. The Upper Extremity Collaborative Group (UECG)
Am J Ind Med. 1996 Jun;29(6):602-8. Erratum in: Am J Ind Med 1996 Sep;30(3):372.
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