

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, wash 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 which require little effort (e.g., cardplaying, 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, <i>to what extent</i> has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups? (<i>circle number</i>) | 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? (<i>circle number</i>) | 1 | 2 | 3 | 4 | 5 |

Please rate the severity of the following symptoms in the last week. (*circle number*)

| | 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? (<i>circle number</i>) | 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. (<i>circle number</i>) | 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.