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### The Shoulder Functional Status 10-Item Short Form

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The following assessment will ask you about difficulties you may have with certain activities. It’s an important part of your evaluation. It will help us:

- understand how your condition is affecting your activities, and
- develop treatment goals with you.

Please answer the questions with respect to the problem for which we are seeing you. Respond based on how you have been over the past few days.

<b>How much difficulty do you or would you have using your affected arm to</b>	<b>I can't do this</b>	<b>Much difficulty</b>	<b>Some difficulty</b>	<b>Little difficulty</b>	<b>No difficulty</b>
1. carry a shopping bag or briefcase?					
2. push open a heavy door?					
3. reach an overhead shelf?					
4. lower a lightweight object (1-5 lb) from the top shelf of a closet?					
5. carry a heavy object (over 10 lbs)?					
6. pull a medium weight object (5-10 lbs) from under a bed?					
7. do heavy household chores (e.g., washing walls, washing floors)?					
8. move a heavy skillet (e.g., cast iron skillet) from one stove burner to another?					
9. place a can of soup (1 lb) on a shelf overhead?					
<b>How much difficulty do you or would you have</b>					
10. adjusting the back of your collar with your affected hand?					

### The Shoulder Functional Status 10-Item Short Form Scoring Algorithm

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The patient answers all items. The clinician or staff sums all responses. All questions need to be answered. Sum should range between 10 and 50. Find the sum in the left column and select the functional status measure in the right column.

Sum	FS Measure
10	0.0
11	26.7
12	32.0
13	35.2
14	37.6
15	39.5
16	41.1
17	42.5
18	43.8
19	45.0
20	46.2
21	47.3
22	48.3
23	49.3
24	50.3
25	51.3
26	52.2
27	53.2
28	54.1
29	55.1

30	56.0
31	56.9
32	57.9
33	58.8
34	59.7
35	60.7
36	61.6
37	62.6
38	63.6
39	64.6
40	65.6
41	66.8
42	67.9
43	69.2
44	70.6
45	72.2
46	74.1
47	76.4
48	79.6
49	84.8
50	100.0

#### More about the Shoulder Functional Status 10-Item Short Form

Adapted from Hart DL, Cook KF, Mioduski JE, Teal CR, Crane PK. Simulated computerized adaptive test for patients with shoulder impairments was efficient and produced valid measures of function. *J Clin Epidemiol* 2006;59(3):290-298, Cook KF, Roddey TS, Gartsman GM, Olson SL. Development and psychometric evaluation of the Flexilevel Scale of Shoulder Function. *Med Care* 2003;41(7):823-835, and Crane PK, Hart DL, Gibbons LE, Cook KF. A 37-item shoulder functional status item pool had negligible differential item functioning. *J Clin Epidemiol* 2006; 59(5):478-484.

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