

Shoulder Pain and disability Index (SPADI)

Name _____ Date _____ Patient # _____

Disability scale: How much difficulty do you have.... 0 = no difficulty 10 = unable to do NA = not applicable	
1.	Washing your hair?
2.	Washing your back?
3.	Putting on an undershirt or pullover sweater?
4.	Putting on a shirt that buttons down the front?
5.	Putting on your pants?
6.	Placing an object on a high shelf?
7.	Carrying a heavy object of 10 pounds?
8.	Removing something from your back pocket?

Scoring: Add the scores for each question and divide by the total possible number possible. If the patient marks two or more items not applicable, no score is calculated.

References:

Williams, J.W., Holleman, D.R., Simel, D.L. (1995). Measuring shoulder function with the shoulder pain and disability index. Journal of Rheumatology, 22, 727-32.

Roach, K.E., Budiman-mak E, Songsirideg, N., Yongsuk, L., (1001). Development of a shoulder pain and disability index. Arthritis and Research, 4, 143-149.