

QUICK DASH FORM
DISABILITIES OF THE ARM SHOULDER AND HAND

Thank you for completing this patient-reported outcome questionnaire. Your responses help your provider determine the best treatment options and track your recovery progress over time. Please answer each of the questions included on this form.

NAME: _____ DATE OF BIRTH: (MM/DD/YYYY) _____

DID YOU HAVE SURGERY FOR THIS ISSUE PRIOR TO YES NO RECEIVING THERAPY?

PAIN SCORE: OVER THE PAST 24 HOURS, HOW BAD HAS YOUR PAIN BEEN?
 CIRCLE THE NUMBER THAT BEST REPRESENTS YOUR PAIN.

NO PAIN 0 1 2 3 4 5 6 7 8 9 10 WORST IMAGINABLE PAIN

PLEASE RATE YOUR ABILITY TO DO THE FOLLOWING ACTIVITIES IN THE LAST WEEK:
 MARK THE BOX THAT CORRESPONDS TO THE MOST APPROPRIATE RESPONSE FOR EACH ROW.

	NO DIFFICULTY 1	MILD DIFFICULTY 2	MODERATE DIFFICULTY 3	SEVERE DIFFICULTY 4	UNABLE TO DO 5
1. OPEN A TIGHT OR NEW JAR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. DO HEAVY HOUSEHOLD CHORES (E.G. WASH WALLS, WASH FLOOR)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. CARRY A SHOPPING BAG OR BRIEFCASE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. WASH YOUR BACK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. USE A KNIFE TO CUT FOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. RECREATIONAL ACTIVITIES IN WHICH YOU TAKE SOME FORCE OR IMPACT THROUGH THE SHOULDER, HAND OR ARM (GOLF, HAMMERING, TENNIS ETC.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. Injury onset or surgery date _____

2. Duration of pain (Check One):

Less than one month or no pain

1-3 months

More than 3 months

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PLEASE RATE YOUR ABILITY TO DO THE FOLLOWING ACTIVITIES IN THE LAST WEEK:
 MARK THE BOX THAT CORRESPONDS TO THE MOST APPROPRIATE RESPONSE FOR EACH QUESTION.

	NOT AT ALL 1	SLIGHTLY LIMITED 2	MODERATELY LIMITED 3	QUITE A BIT LIMITED 4	EXTREMELY LIMITED 5
7. 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?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	NOT LIMITED AT ALL	SLIGHTLY LIMITED	MODERATELY LIMITED	VERY LIMITED	UNABLE
8. DURING THE PAST WEEK, WERE YOU LIMITED IN YOUR WORK OF OTHER REGULAR DAILY ACTIVITIES AS A RESULT OF YOUR ARM, SHOULDER OR HAND PROBLEM?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RATE THE SEVERITY OF THE FOLLOWING SYMPTOMS IN THE LAST WEEK:
 MARK THE BOX THAT CORRESPONDS TO THE MOST APPROPRIATE RESPONSE FOR EACH ROW.

	NONE	MILD	MODERATE	SEVERE	EXTREME
9. ARM, SHOULDER, OR HAND PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. TINGLING (PINS AND NEEDLES) IN YOUR ARM, SHOULDER OR HAND	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	NONE	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	SO MUCH DIFFICULTY THAT CAN'T SLEEP
11. DURING THE PAST WEEK, HOW MUCH DIFFICULTY HAVE YOU HAD SLEEPING BECAUSE OF PAIN IN YOUR ARM, SHOULDER, OR HAND?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Score ranges from 0 (no disability) to 100 (most severe disability)
 2

$$\text{Score} = \left(\frac{\text{sum of responses}}{n} - 1 \right) \times 25$$

