

Shoulder Pain and Disability Index (SPADI)	
<i>Pain Scale: How severe is your pain? 0= no pain 10= worst pain imaginable</i>	
	1. At its worst?
	2. When lying on the involved side?
	3. Reaching for something on a high shelf?
	4. Touching the back of your neck?
	5. Pushing with the involved arm?
<i>Disability Scale: How much difficulty do you have... 0= no pain 10= worst pain imaginable</i>	
	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?
Pain Scale Score: _____ Disability Scale Score: _____ Total Score: _____	

Reprinted with permission: Roach KE, Budiman-mak E, Songstrideg N, Yongsuk L. "Development of a Shoulder Pain and Disability Index." Arthritis Care and Research, December 1991; 4(4): 143-149.