

Oxford Shoulder Score (OSS)

best = 4

worst = 0

1 During the past 4 weeks...

How would you describe the worst pain you had from your shoulder?

2 During the past 4 weeks...

Have you had any trouble dressing yourself because of your shoulder?

3 During the past 4 weeks...

Have you had any trouble getting in and out of a car or using public transport because of your shoulder?

4 During the past 4 weeks...

Have you been able to use a knife and fork - at the same time?

5 During the past 4 weeks...

Could you do the household shopping on your own?

6 During the past 4 weeks...

Could you carry a tray containing a plate of food across a room?

7 During the past 4 weeks...

Could you brush/comb your hair with the affected arm?

8 During the past 4 weeks...

How would you describe the pain you usually had from your shoulder?

9 During the past 4 weeks...

Could you hang your clothes up in a wardrobe, using the affected arm?

10 During the past 4 weeks...

Have you been able to wash and dry yourself under both arms?

11 During the past 4 weeks...

How much has pain from your shoulder interfered with your usual work (including housework)?

12 During the past 4 weeks...

Have you been troubled by pain from your shoulder in bed at night?

Comment:

Anwering date:

Day

0

Month

0

Year

0

submit