

Oxford Elbow Score (OES)

1. During the past 4 weeks... Have you had difficulty lifting things in your home, such as putting out the rubbish, because of your elbow problem?

- ☐ No difficulty
- ☐ A little of difficulty
- ☐ Moderate difficulty
- ☐ Extreme difficulty
- ☐ Impossible to do

2. During the past 4 weeks... Have you had difficulty carrying bags of shopping, because of your elbow problem?

- ☐ No difficulty
- ☐ A little of difficulty
- ☐ Moderate difficulty
- ☐ Extreme difficulty
- ☐ Impossible to do

3. During the past 4 weeks... Have you had any difficulty washing yourself all over, because of your elbow problem?

- ☐ No difficulty
- ☐ A little of difficulty
- ☐ Moderate difficulty
- ☐ Extreme difficulty
- ☐ Impossible to do

4. During the past 4 weeks... Have you had any difficulty dressing yourself, because of your elbow problem?

- ☐ No difficulty
- ☐ A little of difficulty
- ☐ Moderate difficulty
- ☐ Extreme difficulty
- ☐ Impossible to do

5. During the past 4 weeks... Have you felt that your elbow problem is “controlling your life”?

- ☐ No, not at all
- ☐ Occasionally
- ☐ Some days
- ☐ Most days
- ☐ Every day

6. During the past 4 weeks... How much has your elbow problem been “on your mind”?

- ☐ Not at all
- ☐ a little of the time
- ☐ Some of the time
- ☐ Most of the time
- ☐ All of the time

7. During the past 4 weeks... Have you been troubled by pain from your elbow in bed at night?

- ☐ Not at all
- ☐ 1 or 2 nights
- ☐ Some nights
- ☐ Most nights
- ☐ Every nights

8. During the past 4 weeks... How often has your elbow pain interfered with your sleeping?

- ☐ Not at all
- ☐ Occasionally
- ☐ Some of the time
- ☐ Most of the time
- ☐ All of the time

9. During the past 4 weeks... How much has your elbow problem interfered with your usual work or everyday activities?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Greatly
- ☐ Totally

10. During the past 4 weeks... Has your elbow problem limited your ability to take part in leisure activities that you enjoy doing?

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OES

- ☐ Not at all
- ☐ Occasionally
- ☐ Some of the time
- ☐ Most of the time
- ☐ All of the time

11. During the past 4 weeks... How would you describe the worst pain you have from your elbow?

- ☐ No pain
- ☐ Mild pain
- ☐ Moderate pain
- ☐ Severe pain
- ☐ Unbearable

12. During the past 4 weeks... How would you describe the pain you usually have from your elbow?

- ☐ No pain
- ☐ Mild pain
- ☐ Moderate pain
- ☐ Severe pain
- ☐ Unbearable

Comment:

Answering date:

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