SHOULDER PAIN AND DISABILITY INDEX (SPADI)

Patient Name ________________________________________________  Date ___________________________

Please read carefully:

Instructions: Please circle the number that best describes the question being asked.

Pain scale:
- No pain at all
- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 Worst pain Imaginable

How severe is your pain?

1. At its worst?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

2. When lying on the involved side?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

3. Reaching for something on a high shelf?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

4. Touching the back of your neck?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

5. Pushing with the involved arm?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

Disability scale:
- No difficulty
- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 So difficult it requires help

How much difficulty do you have?

1. Washing your hair?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

2. Washing your back?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

3. Putting on an undershirt or pullover sweater?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

4. Putting on a shirt that buttons down the front?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

5. Putting on your pants?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

6. Placing an object on a high shelf?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

7. Carrying a heavy object of 10 pounds?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

8. Removing something from your back pocket?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

OTHER COMMENTS:  __________________________________________________________________________________________

Examiner:   ___________________________________________  ___________________________________________

With permission from: Williams JW Jr., Holleman DR Jr., Simel DL: Measuring shoulder function with the Shoulder Pain and Disability Index. J Rheumatol 1995; 22 (4); 727-732