

DISABILITIES OF THE ARM, SHOULDER AND HAND

Name: _____ Date: _____ DOB: _____

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

Total Dash Score: _____

NO
DIFFICULTY (1) **MILD**
DIFFICULTY (2) **MODERATE**
DIFFICULTY (3) **SEVERE**
DIFFICULTY(4) **UNABLE (5)**

1. Open a tight or new jar.
2. Write.
3. Turn a key.
4. Prepare a meal.
5. Push open a heavy door.
6. Place an object on a shelf above your head.
7. Do heavy household chores (e.g., wash walls, wash floors).
8. Garden or do yard work.
9. Make a bed.
10. Carry a shopping bag or briefcase.
11. Carry a heavy object (over 10 lbs).
12. Change a lightbulb overhead.
13. Wash or blow dry your hair.
14. Wash your back.
15. Put on a pullover sweater.
16. Use a knife to cut food.
17. Recreational activities which require little effort (e.g., cardplaying, knitting, etc.).
18. Recreational activities in which you take some force or impact through your arm, shoulder or hand (e.g., golf, hammering, tennis, etc.).
19. Recreational activities in which you move your arm freely (e.g., playing frisbee, badminton, etc.).
20. Manage transportation needs (getting from one place to another).
21. Sexual activities.

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NOT AT ALL(1) SLIGHTLY(2) MODERATELY(3) QUITE A BIT (4) EXTREMELY(5)

22. During the past week, *to what extent* has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups? (circle number)

NOT LIMITED AT ALL (1) SLIGHTLY LIMITED(2) MODERATELY LIMITED(3) VERY LIMITED(4) UNABLE(5)

23. During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem? (circle number)

Please rate the severity of the following symptoms in the last week. (circle number)

NONE(1) MILD(2) MODERATE(3) SEVERE(4) EXTREME(5)

24. Arm, shoulder or hand pain.

25. Arm, shoulder or hand pain when you performed any specific activity.

26. Tingling (pins and needles) in your arm, shoulder or hand.

27. Weakness in your arm, shoulder or hand.

28. Stiffness in your arm, shoulder or hand.

MILD DIFFICULTY(1) MODERATE DIFFICULTY(2) SEVERE DIFFICULTY(3) SO MUCH DIFFICULTY THAT I CAN'T SLEEP (4)

29. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand? (circle number)

STRONGLY DISAGREE(1) DISAGREE (2) NEITHER AGREE NOR DISAGREE (3) AGREE(4) STRONGLY AGREE(5)

30. I feel less capable, less confident or less useful because of my arm, shoulder or hand problem. (circle number)

DASH DISABILITY/SYMPTOM SCORE = _____ ([(sum of n responses / n) - 1] x 25, where n is the number of completed responses.)

A DASH score may not be calculated if there are greater than 3 missing items.