

Name: _____

Date: _____

QuickDASH Questionnaire

This questionnaire asks about your symptoms as well as your ability to perform certain activities. Please answer every question, based on your condition in the last week, by circling the appropriate number. If you did not have the opportunity to perform an activity in the past week, please make your best estimate of which response would be the most accurate. It doesn't matter which hand or arm you use to perform the activity; please answer based on your ability regardless of how you perform the task.

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

	<i>No Difficulty</i>	<i>Mild Difficulty</i>	<i>Moderate Difficulty</i>	<i>Severe Difficulty</i>	<i>Unable</i>
1. Open a tight or new jar	1	2	3	4	5
2. Do heavy household chores (eg., wash walls, floors)	1	2	3	4	5
3. Carry a shopping bag or briefcase	1	2	3	4	5
4. Wash your back	1	2	3	4	5
5. Use a knife to cut food	1	2	3	4	5
6. Recreational activities in which you take some force or impact through your arm, shoulder, or hand (eg., golf, hammering, tennis, etc.)	1	2	3	4	5
	<i>Not At All</i>	<i>Slightly</i>	<i>Moderately</i>	<i>Quite a Bit</i>	<i>Extremely</i>
7. During the past week, to what extent has your arm, shoulder, or hand problem interfered with your normal social activities with family, friends, neighbors, or groups?	1	2	3	4	5
	<i>Not Limited At All</i>	<i>Slightly Limited</i>	<i>Moderately Limited</i>	<i>Very Limited</i>	<i>Unable</i>
8. 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?	1	2	3	4	5
Please rate the severity of the following symptoms in the last week (circle number)	<i>None</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>	<i>Extreme</i>
9. Arm, shoulder, or hand pain	1	2	3	4	5
10. Tingling (pins and needles) in your arm, shoulder, or hand	1	2	3	4	5
	<i>No Difficulty</i>	<i>Mild Difficulty</i>	<i>Moderate Difficulty</i>	<i>Severe Difficulty</i>	<i>So Much Difficulty That I Can't Sleep</i>
11. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder, or hand? (circle number)	1	2	3	4	5

Score: _____

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WORK MODULE (OPTIONAL)

The following questions ask about the impact of your arm, shoulder, or hand problem on your ability to work (including homemaking if that is your main work role).

Please indicate what your job/work is:

Please circle the number that best describes your physical ability in the past week.

Do you have any difficulty:	<i>No Difficulty</i>	<i>Mild Difficulty</i>	<i>Moderate Difficulty</i>	<i>Severe Difficulty</i>	<i>Unable</i>
1. using your usual technique for your work?	1	2	3	4	5
2. doing your usual work because of arm, shoulder, or hand pain?	1	2	3	4	5
3. doing your work as well as you would like?	1	2	3	4	5
4. spending your usual amount of time doing your work?	1	2	3	4	5

SPORTS/PERFORMING ARTS MODULE (OPTIONAL)

The following questions relate to the impact of your arm, shoulder, or hand problem on playing your musical instrument, or sport, or both. If you play more than one sport or instrument (or play both), please answer with respect to that activity which is most important to you.

Please indicate the sport or instrument which is most important to you:

Please circle the number that best describes your physical ability in the past week.

Do you have any difficulty:	<i>No Difficulty</i>	<i>Mild Difficulty</i>	<i>Moderate Difficulty</i>	<i>Severe Difficulty</i>	<i>Unable</i>
1. using your usual technique for playing your instrument or sport?	1	2	3	4	5
2. playing your musical instrument or sport because of arm, shoulder, or hand pain?	1	2	3	4	5
3. playing your musical instrument or sport as well as you would like?	1	2	3	4	5
4. spending your usual amount of time practicing or playing your instrument or sport?	1	2	3	4	5

DASH Disability/symptom score = $\left(\frac{\text{sum of n responses}}{n} - 1 \right) * 25$

Score: _____