

Shoulder Pain and Disability Index

(SPADI)

Pain Scale: How severe is your pain?

0 = no pain

10 = worst pain imaginable

1.	At its worst?	
2.	When lying on the involved side?	
3.	Reaching for something on a high shelf?	
4.	Touching the back of your neck?	
5.	Pushing with the involved arm?	

Disability Scale:” How much difficulty do you have?

0 = no difficulty

10 = so difficult it requires help

6.	Washing your hair?	
7.	Washing your back?	
8.	Putting on an undershirt or pullover / sweater?	
9.	Putting on a shirt that buttons down the front?	
10.	Putting on your pants?	
11.	Placing an object on a high shelf?	
12.	Carrying a heavy object of 10 pounds?	
13.	Removing something from your back pocket?	