Oxford Shoulder Score (OSS)

English version for the United Kingdom
## Problems with Your Shoulder

Tick (✓) one box for every question.

### 1. During the past 4 weeks...

How would you describe the **worst** pain you had from your shoulder?

- None
- Mild
- Moderate
- Severe
- Unbearable

### 2. During the past 4 weeks...

Have you had any trouble dressing yourself **because of your shoulder**?

- No trouble at all
- A little bit of trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

### 3. During the past 4 weeks...

Have you had any trouble getting in and out of a car or using public transport **because of your shoulder**?

- No trouble at all
- A little bit of trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

### 4. During the past 4 weeks...

Have you been able to use a knife and fork - **at the same time**?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

### 5. During the past 4 weeks...

Could you do the household shopping **on your own**?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

### 6. During the past 4 weeks...

Could you carry a tray containing a plate of food across a room?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

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7. **During the past 4 weeks...**
   Could you brush/comb your hair with the affected arm?

   - Yes, easily
   - With little difficulty
   - With moderate difficulty
   - With extreme difficulty
   - No, impossible

8. **During the past 4 weeks...**
   How would you describe the pain you usually had from your shoulder?

   - None
   - Very mild
   - Mild
   - Moderate
   - Severe

9. **During the past 4 weeks...**
   Could you hang your clothes up in a wardrobe, using the affected arm?

   - Yes, easily
   - With little difficulty
   - With moderate difficulty
   - With great difficulty
   - No, impossible

10. **During the past 4 weeks...**
    Have you been able to wash and dry yourself under both arms?

    - Yes, easily
    - With little difficulty
    - With moderate difficulty
    - With extreme difficulty
    - No, impossible

11. **During the past 4 weeks...**
    How much has pain from your shoulder interfered with your usual work (including housework)?

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

12. **During the past 4 weeks...**
    Have you been troubled by pain from your shoulder in bed at night?

    - No nights
    - Only 1 or 2 nights
    - Some nights
    - Most nights
    - Every night

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Finally, please check back that you have answered each question. Thank you very much.