

Constant Shoulder Score



Name

Date

The purpose of the Constant Shoulder Score is to help assess the impact that your shoulder pain has had on your daily life in the past four weeks. The score will be one of several factors your GP will take into account, before discussing with you the next steps in the management of your problem.

The following questions must ALL be answered on your experiences over the past 4 weeks

Please check 1 box for each question.

1. Pain?

Severe Moderate Mild None

2. Activity Level

A- Affected sleep

No Sometimes Yes

B- Full/Recreation Sport

Severe Moderate No

C- Full Work

Seven Moderate No

3. Arm positioning

Up to Waist Up to Xiphoid Up to Neck

Above Head

4. Strength of Abduction [Pounds]

0 1-3 4-6 7-9 10-12 13-15 16-18 19-21
22-24 >24

5. Forward Flexion

31°-60° 61°-90° 91°-120° 121°-150° 151°-180°

6. Lateral Elevation

31°-60° 61°-90° 91°-120° 121°-150° 151°-180°

7. External Rotation

Hand behind head, elbow forward

Hand behind head, elbow backward

Hand to top of head, elbow forward

Hand to top of head, elbow back

Full elevation

8. Internal Rotation

Lateral Thigh

Buttock

Lumbosacral Junction

Waist

T12 Vertebra

Interscapular(T7)

Reference: Constant CR, AH. A clinical method of functional assessment of the shoulder.

Clin Orthop Relat Res. 1987 Jan;(214):160-4' link to pubmed