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) □