



Disabilities of the Arm, Shoulder and Hand (DASH Test)

This questionnaire has been designed to give your therapist information as to how your upper extremity injury has affected your ability to manage everyday life. Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

Activities	No Difficulty	Mild Difficulty	Moderate Difficulty	Severe Difficulty	Unable
1 Open a tight or new jar	1	2	3	4	5
2 Write	1	2	3	4	5
3 Turn a key	1	2	3	4	5
4 Prepare a meal	1	2	3	4	5
5 Push open a heavy door	1	2	3	4	5
6 Place an object on a shelf above your head	1	2	3	4	5
7 Do heavy household chores (ie wash walls, wash floors)	1	2	3	4	5
8 Garden or do yard work	1	2	3	4	5
9 Make a bed	1	2	3	4	5
10 Carry a shopping bag or briefcase	1	2	3	4	5
11 Carry a heavy object (over 10 lbs)	1	2	3	4	5
12 Change a lightbulb overhead	1	2	3	4	5
13 Wash or blow dry your hair	1	2	3	4	5
14 Wash your back	1	2	3	4	5
15 Put on a pullover sweater	1	2	3	4	5
16 Use a knife to cut food	1	2	3	4	5
17 Recreational activities which require little effort (ie card playing, knitting, etc.)	1	2	3	4	5
18 Recreational activities in which you take some force or impact through your arm, shoulder, or hand (ie, golf, hammering, tennis, etc.)	1	2	3	4	5
19 Recreational activities in which you move your arm freely (ie playing Frisbee, badminton, etc.)	1	2	3	4	5
20 Manage transportation needs (getting from one place to another)	1	2	3	4	5
21 Sexual activities	1	2	3	4	5

Patient Name _____ Date _____ Back Index Score _____

		Not At All	Slightly	Moderately	Quite A Bit	Extremely
22	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

		Not Limited At All	Slightly Limited	Moderately Limited	Very Limited	Unable
23	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.

		None	Mild	Moderate	Severe	Extreme
24	Arm, shoulder or hand pain	1	2	3	4	5
25	Arm, shoulder or hand pain when you performed any specific activity	1	2	3	4	5
26	Tingling (pins and needles) in your arm, shoulder, or hand.	1	2	3	4	5
27	Weakness in your arm, shoulder or hand.	1	2	3	4	5
28	Stiffness in your arm, shoulder or hand	1	2	3	4	5

		No Difficulty	Mild Difficulty	Moderate Difficulty	Severe Difficulty	So Much Difficulty That I Can't Sleep
29	During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder, or hand?	1	2	3	4	5

		Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
30	I feel less capable, less confident or less useful because of my arm, shoulder, or hand problem.	1	2	3	4	5

DASH DISABILITY/SYMPTOM SCORE = _____ $\left(\left[\frac{\text{sum of } n \text{ responses}}{n} - 1 \right] \times 25 \right)$, where n is the number of completed responses.)

A DASH score may not be calculated if there are greater than 3 missing items.

Patient Name _____ Date _____ Back Index Score _____