

The Disabilities of the Arm, Shoulder and Hand (DASH) Score

Clinician's name (or ref)

Patient's name (or ref)

INSTRUCTIONS: This questionnaire asks about your symptoms as well as your ability to perform certain activities. Please answer *every question*, based on your condition in the **last week**. If you did not have the opportunity to perform an activity in the past week, please make your *best estimate* on which response would be the most accurate. It doesn't matter which hand or arm you use to perform the activity; please answer based on your ability regardless of how you perform the task.

Please rate your ability to do the following activities in the last week.

- | | | | | | | | | | | |
|---|-----------------------|----------------------|-----------------------|------------------------|-----------------------|----------------------------|-----------------------|--------------------------|-----------------------|---------------|
| 1. Open a tight or new jar | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 2. Write | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 3. Turn a key | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 4. Prepare a meal | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 5. Push open a heavy door | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 6. Place an object on a shelf above your head | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 7. Do heavy household chores (eg wash walls, wash floors) | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 8. Garden or do yard work | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 9. Make a bed | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 10. Carry a shopping bag or briefcase | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 11. Carry a heavy object (over 10 lbs) | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 12. Change a lightbulb overhead | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 13. Wash or blow dry your hair | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 14. Wash your back | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 15. Put on a pullover sweater | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 16. Use a knife to cut food | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 17. Recreational activities which require little effort (eg cardplaying, knitting, etc) | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 18. Recreational activities in which you take some force or impact through your arm, shoulder or hand (eg golf, hammering, tennis, etc) | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |
| 19. Recreational activities in which you move your arm freely (eg playing frisbee, badminton, etc) | <input type="radio"/> | No difficulty | <input type="radio"/> | Mild difficulty | <input type="radio"/> | Moderate difficulty | <input type="radio"/> | Severe difficulty | <input type="radio"/> | Unable |

20. Manage transportation needs (getting from one place to another) **No difficulty** **Mild difficulty** **Moderate difficulty** **Severe difficulty** **Unable**
21. Sexual activities **No difficulty** **Mild difficulty** **Moderate difficulty** **Severe difficulty** **Unable**
22. During the past week, *to what extent* has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups? **Not at all** **Slightly** **Moderately** **Quite a bit** **Extremely**
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? **Not limited at all** **Slightly limited** **Moderately limited** **Very limited** **Unable**
- Please rate the severity of the following symptoms in the last week**
24. Arm, shoulder or hand pain **None** **Mild** **Moderate** **Severe** **Extreme**
25. Arm, shoulder or hand pain when you performed any specific activity **None** **Mild** **Moderate** **Severe** **Extreme**
26. Tingling (pins and needles) in your arm, shoulder or hand **None** **Mild** **Moderate** **Severe** **Extreme**
27. Weakness in your arm, shoulder or hand **None** **Mild** **Moderate** **Severe** **Extreme**
28. Stiffness in your arm, shoulder or hand **None** **Mild** **Moderate** **Severe** **Extreme**
29. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand? **No difficulty** **Mild difficulty** **Moderate difficulty** **Severe difficulty** **So much I can't sleep**
30. I feel less capable, less confident or less useful because of my arm, shoulder or hand problem **Strongly disagree** **Disagree** **Neither agree nor disagree** **Agree** **Strongly agree**

Thank you very much for completing all the questions in this questionnaire.

The Disabilities of the Arm, Shoulder and Hand (DASH) Score is 0

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

There are two further small sections to this score. They are both optional. Just click below to select

WORK MODULE

**SPORTS/PERFORMING ARTS
MODULE**

Reference for Score: Hudak PL, Amadio PC, Bombardier C. Development of an upper extremity outcome measure: the DASH (disabilities of the arm, shoulder and hand) [corrected]. The Upper Extremity Collaborative Group (UECG) Am J Ind Med. 1996 Jun;29(6):602-8. Erratum in: Am J Ind Med 1996 Sep;30(3):372. The Institute for Work & Health are the copyright owners of the DASH and QuickDASH Outcome Measures (<http://www.dash.iwh.on.ca/>)