

# QUICK DASH

NAME: \_\_\_\_\_

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE RATE YOUR PAIN LEVEL WITH ACTIVITY FROM 0 (NO PAIN) TO 10 (EXCRUCIATING PAIN):**  
**0 1 2 3 4 5 6 7 8 9 10**

**This questionnaire asks about your symptoms as well as your ability to perform certain activities. Please answer every question based on your condition over the past week by circling the appropriate number. If you did not have the opportunity to perform an activity during the past week, please make your best estimate of which response would be the most accurate if you had. Please answer based on your ability to perform the task regardless of how you perform it or which hand or arm you use to perform it.**

		NO DIFFICULTY (1)	MILD DIFFICULTY (2)	MODERATE DIFFICULTY (3)	SEVERE DIFFICULTY (4)	UNABLE (5)
1.	Open a tight or new jar	1	2	3	4	5
2.	Do heavy household chores (e.g., wash walls, floors)	1	2	3	4	5
3.	Carry a shopping bag or briefcase	1	2	3	4	5
4.	Wash your back	1	2	3	4	5
5.	Use a knife to cut food	1	2	3	4	5
6.	Recreational activities in which you take some force or impact through your arm, shoulder or hand (e.g., golf, hammering, tennis, etc.)	1	2	3	4	5
		NOT AT ALL (1)	SLIGHTLY (2)	MODERATELY (3)	QUITE A BIT (4)	EXTREMELY (5)
7.	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 (1)	SLIGHTLY LIMITED (2)	MODERATELY LIMITED (3)	VERY LIMITED (4)	UNABLE (5)
8.	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 (1)	MILD (2)	MODERATE (3)	SEVERE (4)	EXTREME (5)
9.	Arm, shoulder or hand pain	1	2	3	4	5
10.	Tingling (pins and needles) in your arm, shoulder or hand.	1	2	3	4	5
		NONE (1)	MILD (2)	MODERATE (3)	SEVERE (4)	SO MUCH DIFFICULTY THAT I CANNOT SLEEP (5)
11.	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