



Shoulder Pain and Disability Index (SPADI)

Name: _____ Date: _____

Please circle the number that best represents your experience during the last week attributed to your shoulder problem. Please answer **every question**, based on your condition in the last week, by circling the appropriate number. If you did not have the opportunity to perform an activity in the past week, please make your **best estimate** of 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.

Pain Scale: How severe is your pain?

Circle the number that best describes your pain where: **0= no pain and 10 = the worst pain imaginable**

At its worst?	0	1	2	3	4	5	6	7	8	9	10
When lying on the involved side?	0	1	2	3	4	5	6	7	8	9	10
Reaching for something on a high shelf?	0	1	2	3	4	5	6	7	8	9	10
Touching the back of your neck?	0	1	2	3	4	5	6	7	8	9	10
Pushing with the involved arm?	0	1	2	3	4	5	6	7	8	9	10

Total Pain Score: _____

Total Possible: 50 or _____

(Note: if a person does not answer all questions, subtract 10 points from 50 for each question not answered)

Disability Scale: How much difficulty do you have?

Circle the number that best describes how much difficulty you have with the below activities where:

0= no difficulty and 10 = so difficult it requires help

Washing your hair?	0	1	2	3	4	5	6	7	8	9	10
Washing your back?	0	1	2	3	4	5	6	7	8	9	10
Putting on an undershirt or sweater?	0	1	2	3	4	5	6	7	8	9	10
Putting on a shirt that buttons down in front?	0	1	2	3	4	5	6	7	8	9	10
Putting on your pants?	0	1	2	3	4	5	6	7	8	9	10
Placing an object on a high shelf?	0	1	2	3	4	5	6	7	8	9	10
Carrying a heavy object of 10 pounds?	0	1	2	3	4	5	6	7	8	9	10
Removing something from your back pocket?	0	1	2	3	4	5	6	7	8	9	10

Total Disability Score: _____

Total Points Possible: 80 or _____

(Note: if a person does not answer all questions, subtract 10 points from 80 for each question not answered)

Total SPADI Score: (_____ / 130 points or _____) x 100 = _____ % of disability

↑ Put this number in the EMR