

QuickDASH

Activity	No difficulty	Mild difficulty	Moderate difficulty	Severe difficulty	Cannot do at all due to arm shoulder hand pain
Open a tight jar.	1	2	3	4	5
Household chores.	1	2	3	4	5
Carry a grocery bag.	1	2	3	4	5
Wash your back.	1	2	3	4	5
Use a knife to cut food.	1	2	3	4	5
Golf, hammering, tennis etc.	1	2	3	4	5
Disturbed social activities.	1	2	3	4	5
Limiting work and daily activities.	1	2	3	4	5
Arm, shoulder, hand pain	1	2	3	4	5
Tingling in the arm.	1	2	3	4	5
Sleep disturbance.	1	2	3	4	5

Score: $\{[(\text{Sum of your 11 scores})/11] - 1\} \times 25$ _____