

THE

# Quick DASH

OUTCOME MEASURE

British English

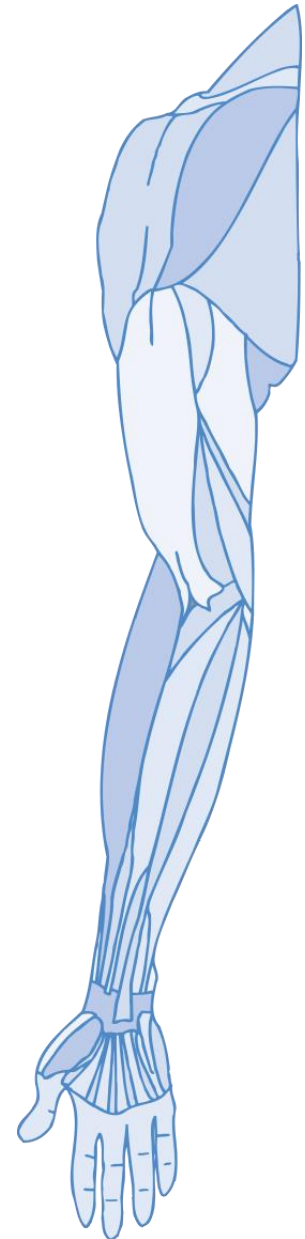
## INSTRUCTIONS

This questionnaire asks about your symptoms as well as your ability to do certain activities.

Please answer every question, based on your condition in the last week, by circling the appropriate number.

If you did not do an activity in the last week, please give your best guess which response would be most accurate.

It doesn't matter which hand or arm you use to do the activity; please answer based on your ability regardless of how you do the task.



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Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

	<b>NO DIFFICULTY</b>	<b>MILD DIFFICULTY</b>	<b>MODERATE DIFFICULTY</b>	<b>SEVERE DIFFICULTY</b>	<b>UNABLE</b>
1. Open a tight or new jar	1	2	3	4	5
2. Do heavy household jobs (e.g. wash windows, clean 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 which require you to take some force or impact through your arm, shoulder or hand (e.g. golf, hammering, tennis etc)	1	2	3	4	5

	<b>NOT AT ALL</b>	<b>SLIGHTLY</b>	<b>MODERATELY</b>	<b>QUITE A BIT</b>	<b>EXTREMELY</b>
7. 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? <i>(circle number)</i>	1	2	3	4	5

	<b>NOT LIMITED AT ALL</b>	<b>SLIGHTLY LIMITED</b>	<b>MODERATELY LIMITED</b>	<b>VERY LIMITED</b>	<b>UNABLE</b>
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? <i>(circle number)</i>	1	2	3	4	5

<b>Please rate the severity of the following symptoms in the last week <i>(circle number)</i></b>	<b>NONE</b>	<b>MILD</b>	<b>MODERATE</b>	<b>SEVERE</b>	<b>EXTREME</b>
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

	<b>NO DIFFICULTY</b>	<b>MILD DIFFICULTY</b>	<b>MODERATE DIFFICULTY</b>	<b>SEVERE DIFFICULTY</b>	<b>SO MUCH DIFFICULTY THAT I CAN'T SLEEP</b>
11. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand? <i>(circle number)</i>	1	2	3	4	5

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

A QuickDASH score may not be calculated if there is greater than 1 missing item.

### WORK MODULE (OPTIONAL)

The following questions ask about the impact of your arm, shoulder or hand problem on your ability to work (including home-making if that is your main work role).

Please indicate what your job / work is: \_\_\_\_\_

I do not work (you may skip this section).

Please circle the number that best describes your physical ability in the past week.

Did you have any difficulty:	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1. Doing your work in your usual way?	1	2	3	4	5
2. Doing your usual work because of arm, shoulder or hand pain?	1	2	3	4	5
3. Doing your work as well as you would like?	1	2	3	4	5
4. Spending your usual amount of time doing your work?	1	2	3	4	5

### SPORTS/PERFORMING ARTS MODULE (OPTIONAL)

The following questions relate to the impact of your arm, shoulder or hand problem on playing *your musical instrument or sport or both*. If you play more than one sport or instrument (or play both), please answer with respect to that activity which is most important to you.

Please indicate the sport or instrument which is most important to you: \_\_\_\_\_

I do not play a sport or an instrument. (You may skip this section).

Please circle the number that best describes your physical ability in the past week.

Did you have an difficulty:	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1. Playing your instrument or sport in your usual way?	1	2	3	4	5
2. Playing your musical instrument or sport because of arm, shoulder or hand pain?	1	2	3	4	5
3. Playing your instrument or sport as well as you would like?	1	2	3	4	5
4. Spending your usual amount of time practising or playing your instrument or sport?	1	2	3	4	5

**Scoring the optional modules:** add up the assigned values for each response; divide by 4 (number of items); subtract 1; multiple by 25.

An optional module score may not be calculated if there are any missing items.