

NAME: _____

DATE: _____

DISABILITIES of the ARM, SHOULDER and HAND (DASH)**In the boxes below, select the appropriate statements.**

| | | | | | |
|--|---------------|-----------------|---------------------|-------------------|--------|
| 1. Open a tight or new jar. | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 2. Write | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 3. Turn a key | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 4. Prepare a meal | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 5. Push open a heavy door | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 6. Place an object on a shelf above your head | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 7. Do heavy household chores (e.g., wash walls, wash floors) | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 8. Garden or do yard work | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 9. Make a bed | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 10. Carry a shopping bag or briefcase. | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 11. Carry a heavy object (over 10 lbs). | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 12. Change a lightbulb overhead | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 13. Wash or blow dry your hair | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 14. Wash your back | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 15. Put on a pullover sweater | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |
| 16. Use a knife to cut food. | No difficulty | Mild difficulty | Moderate difficulty | Severe difficulty | Unable |

17. Recreational activities which require little effort (e.g., cardplaying, knitting, etc).

- No difficulty
- Mild difficulty
- Moderate difficulty
- Severe difficulty
- Unable

18. Recreational activities in which you take some force or impact through your arm, shoulder, or hand (e.g., golf, hammering, tennis, etc).

- No difficulty
- Mild difficulty
- Moderate difficulty
- Severe difficulty
- Unable

19. Recreational activities in which you move your arm freely (e.g. playing frisbee, badminton, etc).

- No difficulty
- Mild difficulty
- Moderate difficulty
- Severe difficulty
- 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, neighbors, 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

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 (pin 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 difficulty that 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 or Disagree
- Agree
- Strongly Agree