

MAYO ELBOW SCORE

INSTRUCTIONS

Date_____

Please answer Section 1 and 3 and mark ONLY ONE response which most closely describes your elbow right now.

Mark each FUNCTION in SECTION 4 you are able to perform.

1 PAIN

None 45 Mild (30pts) Moderate (15pts) Severe (0 pts)

2 MOTION (To Be Completed by Health Care Provider)

Arc > 100 degrees (20pts) Arc 50 – 100 degrees 15pts Arc < 50 degrees 5pts

3 STABILITY

Stable (10pts) Moderate instability (5pts) Gross instability (0pts)

4 STABILITY FUNCTION OF ELBOW

Yes=Able to perform the listed task (5pts each)

No=Not able to perform the listed task

Comb Hair	Yes	No
Feed self	Yes	No
Hygiene	Yes	No
Can do Shirt	Yes	No
Can do shoes	Yes	No

OTHER COMMENTS: -----

Interpreting the Mayo Elbow Performance Score

Score greater than 90 Excellent, **Score 75-----89** Good, **Score 60-----74** Fair, **Score below 60** Poor