### OUT-PATIENT CLINIC
### SHOULDER UNIT

## CONSTANT SCORE

### Patient’s Details

<table>
<thead>
<tr>
<th>Operation/Diagnosis:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Side: R L</td>
</tr>
<tr>
<td>Examination:</td>
<td>Pre-op 3 months 6 months 1 year 2 years ___ years</td>
</tr>
</tbody>
</table>

### A. Pain (/15): Average (1 + 2)  

1. Do you have pain in your shoulder (normal activities)?
   - No =15 pts,
   - Mild pain = 10 pts,
   - Moderate = 5 pts,
   - Severe or permanent = 0.

2. Linear scale:
   - If “0” means no pain and “15” is the maximum pain you can experience, please circle where is the level of pain of your shoulder. (Points given are inverse to the scale. E.g. level 5 in the scale means 10 points)

### B. Activities of daily living (/20)  

1. Is your occupation or daily living limited by your shoulder?
   - No = 4,
   - Moderate limitation = 2,
   - Severe limitation = 0

2. Are your leisure and recreational activities limited by your shoulder?
   - No = 4,
   - Moderate limitation = 2,
   - Severe limitation = 0

3. Is your night sleep disturbed by your shoulder?
   - No = 2,
   - Sometimes = 1,
   - Yes = 0

4. State to what level you can use your arm for painless, reasonably activities.
   - Waist = 2,
   - Xiphoid (sternum) = 4,
   - Neck = 6,
   - Head = 8,
   - Above head = 10

### C. Range of movement (leave this for the doctor or physiotherapist) (/40):  

1. FWD Flexion:  
   - 0 - 30: 0 pts
   - 31 - 60: 2 pts
   - 61 - 90: 4 pts
   - 91 - 120: 6 pts
   - > 120: 8 pts

2. Abduction:  
   - 0 - 30: 0 pts
   - 31 - 60: 2 pts
   - 61 - 90: 4 pts
   - 91 - 120: 6 pts
   - > 120: 8 pts

3. External Rotation:  
   - Hand behind head & elbow forward: 2
   - Hand behind head & elbow back: 4
   - Hand above head & elbow forward: 6
   - Hand above head & elbow back: 8
   - Full elevation of arm: 10

4. Internal Rotation: (Dorsum hand to)
   - Thigh: 0
   - Buttock: 2
   - SI joint: 4
   - Waist: 6
   - T12: 8
   - Between shoulder blades: 10

### D. Power (/25):

Points: average (kg) x 2 =

First pull:  
Second pull:  
Third pull:  
Fourth pull:  
Fifth pull:

Average pulls:

### TOTAL (/100): A + B + C+ D

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**Note:** The document includes a table for pain assessment, activities of daily living, range of movement, and power assessment, with specific scoring criteria for each category.