



# Physical Therapy & Vestibular Rehabilitation

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## SHOULDER PAIN AND DISABILITY INDEX (SPADI)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Instructions:

Please answer the following questions by circling a number from 0-10. If you feel a questions does not pertain to you please put a NA (not applicable) in the space.

<b>Pain scale:</b> On a scale of 0-10, How severe is your pain: <b>0 = "no pain at all"-----10 = "worst pain imaginable"</b>											
1. At its worst?	0	1	2	3	4	5	6	7	8	9	10
2. When lying on the involved side?	0	1	2	3	4	5	6	7	8	9	10
3. Reaching for something on a high shelf?	0	1	2	3	4	5	6	7	8	9	10
4. Touching the back of your neck?	0	1	2	3	4	5	6	7	8	9	10
5. Pushing with the involved arm	0	1	2	3	4	5	6	7	8	9	10
<b>Disability scale:</b> On a scale of 0-10, How much difficulty do you have: <b>0 = "no difficulty"-----10 = "so difficult it required help"</b>											
1. Washing your hair?	0	1	2	3	4	5	6	7	8	9	10
2. Washing your back?	0	1	2	3	4	5	6	7	8	9	10
3. Putting on an undershirt or pullover sweater?	0	1	2	3	4	5	6	7	8	9	10
4. Putting on a shirt that buttons down the front?	0	1	2	3	4	5	6	7	8	9	10
5. Putting on your pants?	0	1	2	3	4	5	6	7	8	9	10
6. Placing on object on a high shelf?	0	1	2	3	4	5	6	7	8	9	10
7. Carrying a heavy object of 10 pounds?	0	1	2	3	4	5	6	7	8	9	10
8. Removing something from your back pocket?	0	1	2	3	4	5	6	7	8	9	10

### To be completed by office staff:

Circle one: Initial / Re-eval / Discharge

Diagnosis: \_\_\_\_\_ Total # of treatments: \_\_\_\_\_

Total pain score: / 50 x 100 = \_\_\_\_\_ %

Total disability score: / 80 x 100 = \_\_\_\_\_ %

Total SPADI score: / 130 x 100 = \_\_\_\_\_ % impairment

Roach KE, Budiman-Mak E, Songsirdej N, Lertratanakul Y. Development of a shoulder pain and disability index. Arthritis Care Res 1991;4:143-9.

Source: Adapted from: Lewis C, Wilk, Wright R. The Orthopedic Outcomes Tool Box. Virginia: Learn Publications.

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