

ASES SCORING SYSTEM

Are you having pain in your shoulder?	YES	NO																						
Do you have pain in your shoulder at night?	YES	NO																						
Do you take pain medication (aspirin, Tylenol, Advil, etc...)?	YES	NO																						
Do you take narcotic pain medication (codeine or stronger)?	YES	NO																						
How many pills do you take each day (average)?	pills																							
How bad is your pain today (mark line)?																								
<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 5%; text-align: center;">0</td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 5%; text-align: center;">10</td> </tr> <tr> <td>No pain at all</td> <td colspan="9"></td> <td>Pain as bad as it can be</td> </tr> </table>			0										10	No pain at all										Pain as bad as it can be
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Does your shoulder feel unstable (as if is going to dislocate)?	YES	NO																						
How unstable is your shoulder (mark line)?																								
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**Circle the number in the box that indicates your ability to do the following activities:
0 = unable to do; 1 = very difficult to do; 2 = somewhat difficult; 3 = not difficult**

Activity	Right Arm	Left Arm
1. Put on a coat	0 1 2 3	0 1 2 3
2. Sleep on your painful or affected side	0 1 2 3	0 1 2 3
3. Wash back or do up bra in back	0 1 2 3	0 1 2 3
4. Manage toileting	0 1 2 3	0 1 2 3
5. Comb hair	0 1 2 3	0 1 2 3
6. Reach a high shelf	0 1 2 3	0 1 2 3
7. Lift 10 lb above the shoulder	0 1 2 3	0 1 2 3
8. Throw a ball overhand	0 1 2 3	0 1 2 3
9. Do usual work – list:	0 1 2 3	0 1 2 3
10. Do usual sport – list:	0 1 2 3	0 1 2 3