

Shoulder Pain and Disability Index (SPADI)

Name: _____ Date: _____ Visit: _____ EPS: _____
For office use only For office use only

Pain scale

Circle the number that best describes your pain experience during the last week attributable to your shoulder problem Where:

How severe is your pain?

① = no pain and ⑩ = the worst pain imaginable.

At its worst?	0	1	2	3	4	5	6	7	8	9	10
When lying on the involved side?	0	1	2	3	4	5	6	7	8	9	10
Reaching for something on a high shelf?	0	1	2	3	4	5	6	7	8	9	10
Touching the back of your neck?	0	1	2	3	4	5	6	7	8	9	10
Pushing with the involved arm?	0	1	2	3	4	5	6	7	8	9	10

Disability scale

Circle the number that best describes your experience where:

How much difficulty do you have?

① = no difficulty and ⑩ = so difficult it requires help.

Washing your hair?	0	1	2	3	4	5	6	7	8	9	10
Washing your back?	0	1	2	3	4	5	6	7	8	9	10
Putting on an undershirt or jumper?	0	1	2	3	4	5	6	7	8	9	10
Putting on a shirt that buttons down the front?	0	1	2	3	4	5	6	7	8	9	10
Putting on your pants?	0	1	2	3	4	5	6	7	8	9	10
Placing an object on a high shelf?	0	1	2	3	4	5	6	7	8	9	10
Carrying a heavy object of 10 pounds (4.5 kilograms)	0	1	2	3	4	5	6	7	8	9	10
Removing something from your back pocket?	0	1	2	3	4	5	6	7	8	9	10

Interpretation of scores

Total pain score: _____ / _____ x 100 = %

Note: If a person does not answer all questions divide by the total possible score, e.g. if 1 question missed divide by 40 / **The default is 50**

Total disability score: _____ / _____ x 100 = %

Note: If a person does not answer all questions divide by the total possible score, e.g. if 1 question missed divide by 70 / **The default is 80**

Total SPADI score: _____ / _____ x 100 = %

Note: If a person does not answer all questions divide by the total possible score, e.g. if 1 question missed divide by 120 / **The default is 130**

The means of the two subscales are **averaged** to produce a total score ranging from **0 (best)** to **100 (worst)**.

Minimum Detectable Change (90% confidence) = 13 points (Change less than this may be attributable to measurement error)