

JOHN SWEENEY PHYSICAL THERAPY SERVICES

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Orthopedic – Neurological – Sports – Work Injury Management

SPADI-Shoulder Pain and disability Index

Name _____

Date _____

How severe is your pain?

Scale: 0-no difficulty 10-unable to do N/A-not applicable

At its worst	
When lying on the involved side	
Reaching for something on a high shelf	
Touching the back of your neck	
Pushing with the involved arm	
Washing your hair	
Washing your back	
Putting on an undershirt or pullover a sweater	
Putting on a shirt that buttons down the front	
Putting on your pants	
Carrying a heavy object of 10 pounds	
Removing something from your back pocket	

Total score: _____

If patient marks two or more items not applicable, no score is calculated. Ten point reduction means improvement or stable conditions, ten point gain means condition is getting worse or unchanging.