

**ASES (American Shoulder & Elbow Surgeons) Shoulder Score**

**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 to 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-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 1px solid black; border-right: 1px solid black;"></td> <td style="width: 10%; border-bottom: 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 |
| 0  |       |    |   |  |  |  |  |  |  | 10                       |  |  |    |                |  |  |  |  |  |  |  |  |  |                          |
| No pain at all   |       |    |   |  |  |  |  |  |  | Pain as bad as it can be |  |  |    |                |  |  |  |  |  |  |  |  |  |                          |

|  |     |    |   |  |  |  |  |  |  |               |  |  |    |             |  |  |  |  |  |  |  |  |  |               |
|--|-----|----|---|--|--|--|--|--|--|---------------|--|--|----|-------------|--|--|--|--|--|--|--|--|--|---------------|
| Does your shoulder feel unstable (as if is going to dislocate)?  | YES | NO |   |  |  |  |  |  |  |               |  |  |    |             |  |  |  |  |  |  |  |  |  |               |
| How unstable is your shoulder (mark line)?   |     |    |   |  |  |  |  |  |  |               |  |  |    |             |  |  |  |  |  |  |  |  |  |               |
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| 0  |     |    |   |  |  |  |  |  |  | 10            |  |  |    |             |  |  |  |  |  |  |  |  |  |               |
| Very Stable  |     |    |   |  |  |  |  |  |  | Very Unstable |  |  |    |             |  |  |  |  |  |  |  |  |  |               |

**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  |