American Shoulder and Elbow Surgeons Standardized Shoulder Assessment Form, patient self-report section (ASES)

Name: _____ Date: _____

Patients circle the number in the box that indicates their ability to do the activity listed: 0 = Unable to do; 1 = Very difficult to do; 2 = Somewhat difficult; 3 = Not difficult. Each ADL item is rated separately for the right arm and the left arm; score the affected arm. Pain is rated on a 0 to 10 visual analogue scale.

1. Pain intensity (VAS, 0 = no pain at all, 10 = pain as bad as it can be). Exact original question stem not verified; the usual stem is 'How bad is your pain today?'

[ ] 0 (No pain at all)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (Pain as bad as it can be)	10

2. Put on a coat

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

3. Sleep on your painful or affected side

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

4. Wash back/do up bra in the back

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

5. Manage toileting

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

6. Comb hair

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

7. Reach a high shelf

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

8. Lift 10 pounds above shoulder

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

9. Throw a ball overhand

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

10. Do usual work. List:

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

11. Do usual sport. List:

[ ] Unable to do	0
[ ] Very difficult to do	1
[ ] Somewhat difficult	2
[ ] Not difficult	3

Scoring

Weighted sum of the pain item and the 10 ADL items, scaled to 0 to 100. Pain subscore = (10 minus VAS) x 5 (max 50). Function subscore = (sum of the 10 ADL items) x 5/3 (max 50). Total = pain subscore + function subscore.

Pain subscore (0 to 50): _____

Function subscore (0 to 50): _____

ASES score: _____ / 100

Source: Richards, R. R., An, K. N., Bigliani, L. U., Friedman, R. J., Gartsman, G. M., Gristina, A. G., Iannotti, J. P., Mow, V. C., Sidles, J. A., & Zuckerman, J. D. (1994). A standardized method for the assessment of shoulder function. Journal of Shoulder and Elbow Surgery, 3(6), 347-352.

Online calculator and more: physiotutors.com/questionnaires