UCLA Shoulder Rating Scale (UCLA)

Name: _____ Date: _____

Pain, function and satisfaction are patient-reported; active forward flexion and strength of forward flexion are measured by a clinician. Choose one option per item; the score is the point value shown.

1. Pain

[ ] Present always and unbearable; strong medication frequently	1
[ ] Present always but bearable; strong medication occasionally	2
[ ] None or little at rest, present during light activities; salicylates frequently	4
[ ] Present during heavy or particular activities only; salicylates occasionally	6
[ ] Occasional and slight	8
[ ] None	10

2. Function

[ ] Unable to use limb	1
[ ] Only light activities possible	2
[ ] Able to do light housework or most activities of daily living	4
[ ] Most housework, shopping, and driving possible; able to do hair and to dress and undress, including fastening brassiere	6
[ ] Slight restriction only; able to work above shoulder level	8
[ ] Normal activities	10

3. Active forward flexion (clinician measured)

[ ] 151 degrees or more	5
[ ] 121 to 150 degrees	4
[ ] 91 to 120 degrees	3
[ ] 46 to 90 degrees	2
[ ] 31 to 45 degrees	1
[ ] 30 degrees or less	0

4. Strength of forward flexion (manual muscle testing, clinician graded)

[ ] Grade 5 (normal)	5
[ ] Grade 4 (good)	4
[ ] Grade 3 (fair)	3
[ ] Grade 2 (poor)	2
[ ] Grade 1 (muscle contraction)	1
[ ] Grade 0 (nothing)	0

5. Satisfaction of the patient

[ ] Satisfied and better	5
[ ] Not satisfied and worse	0

Scoring

Sum of five items: pain (1 to 10), function (1 to 10), active forward flexion (0 to 5), strength of forward flexion (0 to 5), satisfaction (0 or 5).

UCLA shoulder score: _____ / 35

Source: Amstutz, H. C., Sew Hoy, A. L., & Clarke, I. C. (1981). UCLA anatomic total shoulder arthroplasty. Clinical Orthopaedics and Related Research, (155), 7-20.

Online calculator and more: physiotutors.com/questionnaires