

## Disabilities of the Arm, Shoulder and Hand (DASH)

Please rate your ability to do the following activities **in the last week** by circling the number below the appropriate response.

	No Difficulty	Mild Difficulty	Moderate Difficulty	Severe Difficulty	Unable
1	1	2	3	4	5
2	1	2	3	4	5
3	1	2	3	4	5
4	1	2	3	4	5
5	1	2	3	4	5
6	1	2	3	4	5
7	1	2	3	4	5
8	1	2	3	4	5
9	1	2	3	4	5
10	1	2	3	4	5
11	1	2	3	4	5
12	1	2	3	4	5
13	1	2	3	4	5
14	1	2	3	4	5
15	1	2	3	4	5
16	1	2	3	4	5
17	1	2	3	4	5
18	1	2	3	4	5
19	1	2	3	4	5
20	1	2	3	4	5
21	1	2	3	4	5
	<b>Not at all</b>	<b>Slightly</b>	<b>Moderately</b>	<b>Quite</b>	<b>Extremely</b>
22	1	2	3	4	5
	<b>Not limited at all</b>	<b>Slightly limited</b>	<b>Moderately limited</b>	<b>Very Limited</b>	<b>Unable</b>
23	1	2	3	4	5
	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>	<b>Extreme</b>
24	1	2	3	4	5
25	1	2	3	4	5
26	1	2	3	4	5
27	1	2	3	4	5
28	1	2	3	4	5
	<b>No Difficulty</b>	<b>Mild Difficulty</b>	<b>Moderate Difficulty</b>	<b>Severe Difficulty</b>	<b>So much difficulty that I can't sleep</b>
29	1	2	3	4	5
	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither Agree nor Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>
30	1	2	3	4	5