

Shoulder Function Index - clinical assessment form

SFInX score:

Patient name: _____

Time after injury (in weeks): _____ Side of injury: L / R

Date of assessment: ___ / ___ / _____

| Items | Scores | | |
|---|---------------------------------|---|-------------------------------|
| | 0 | 1 | 2 |
| 1 Drinking from a cup | <input type="checkbox"/> Unable | <input type="checkbox"/> Able | |
| 2 Washing the opposite armpit | <input type="checkbox"/> Unable | <input type="checkbox"/> Able | |
| 3 Washing the back of the opposite shoulder | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| 4 Combing hair | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| 5 Tucking shirt into pants | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| 6 Washing lower back | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| 7 Lying on the affected side | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| 8 Reaching behind to get an object | <input type="checkbox"/> Unable | <input type="checkbox"/> Able | |
| 9 Holding an object for a longer period | <input type="checkbox"/> Unable | <input type="checkbox"/> Able | |
| 10 Carrying a heavier object with two hands | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| 11 Placing an object on a shelf at shoulder level | <input type="checkbox"/> Unable | <input type="checkbox"/> Able | |
| 12 Sustaining activity above head | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| 13 Throwing a ball with two hands over-head | <input type="checkbox"/> Unable | <input type="checkbox"/> Partially able | <input type="checkbox"/> Able |
| Total number of points (raw score) | 0 | + | + |
| | | | = |

Conversion from raw score to SFInX score

| | | | | | | | | | | | | | | | | | | | | | | |
|-------------|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|
| Raw score | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| SFInX score | 0 | 12 | 20 | 27 | 32 | 36 | 40 | 43 | 46 | 49 | 52 | 55 | 58 | 61 | 64 | 67 | 70 | 73 | 77 | 81 | 89 | 100 |