## YOUR EXPECTATIONS (- before doctor appointment)

(PSOE)

Compared with now, I think my shoulder problem overall next month will be:
$\square$ Much worseWorse
$\square$ A little worseThe sameBetter
$\square$ Much better

Compared with now, I expect my shoulder pain next month will be:
$\square$ Much worse
$\square$ Worse
$\square$ A little worseThe same
$\square$ Better
$\square$ Much better

Compared with now, I expect my ability to use and move my shoulder next month will be
$\square$ Much worse
$\square$ Worse
$\square$ A little worseThe same
$\square$ Better
$\square$ Much better
(11-NRS)

Describe your neck and/or back problem(s) as they are now:

## Pain at rest:

No $\square 1 \quad \square$
pain

Pain during activity (all activities, including daily activities and exercise):

No $\square 1 \square 2 \square 3 \square 4 \square 5 \square 6 \square 7 \square 8 \square 9 \square 10$ Worst pain pain   imaginable

Ability to use as well as move your neck and/or back:

No move- $\qquad$ 123 $\qquad$ 4 $\qquad$ 5 $\qquad$ 678910 No move-ment restrictions ment possible

## YOUR EXPECTATIONS - (- after doctor appointment) (PSFS.)

Compared with now, I think my shoulder problem overall next month will be:
$\square$ Much worse $\quad \square$ Worse $\square$ A little worse $\square$ The same $\square$ Better $\square$ Much better

Compared with now, I expect my shoulder pain next month will be:
$\square$ Much worse
$\square$ WorseA little worseThe sameBetter


Compared with now, I expect my ability to use and move my shoulder next month will be:
$\square$ Much worseA little worseThe same
$\square$ Much better

