

YOUR EXPECTATIONS (- before doctor appointment)

(PSOE)

	Compared with now, I think my shoulder problem overall next month will be:																		
	□ Muo	ch wor	se		□ W	orse			A litt	tle wo	orse	□ <i>′</i>	The s	ame		□ Be	tter	□ Mı	ich bette
	Compared with now, I expect my shoulder pain next month will be:																		
	□ Muc	h wor	se		□ W	orse			A litt	le wo	rse		Γhe sa	ame	[□ Bet	tter	□ Mu	ich better
	Compared with now, I expect my ability to use and move my shoulder next month will be																		
	□ Muc	h wor	se		□ W	orse			A litt	le wo	rse		Γhe sa	ame	[□ Bet	tter	□ Mu	ich better
	(11-N	RS)																	
	Describe your neck and/or back problem(s) as they are now:																		
	Pain at rest:																		
No □ pain	1 🗆	2 🗆	3		4 □	5		6 [7	□ 8	3 🗆	9	□ 1	0 Wo	rst _l	pain		imagin	able
	Pain	durin	g ac	tivi	ty (a	ıll ac	tivit	ies,	incl	uding	dail	y ac	ctivit	ies and	d ex	ercis	se):		
No □ pain	1 🗆	2 🗆	3	_ ·	4 🗆	5		6 [7	□ 8	3 🗆	9	1	0 Wo	rst j	pain		imagin	able
	Abilit	y to u :	se a	s w	ell a:	s mo	ove y	you	r ne	ck an	ıd/o	r ba	ack:						
No mo	ve- 🗆	1 🗆	2		3 ⊏	4		5 [□ 6	₋ 7	7 🗆	8		0 🗆 1			nove-r possi	nent rest ble	rictions

YOUR EXPECTATIONS - (- after doctor appointment)

(PSFS.)

Compared with now, I think my shoulder problem overall next month will be:										
□ Much worse	□ Worse	□ A little worse	☐ The same	□ Better	□ Much better					
Compared with nov	w, I expect my	shoulder pain nex	at month will be:							
□ Much worse	□ Worse	□ A little worse	☐ The same	□ Better	□ Much better					
Compared with nov	w, I expect my	ability to use and	move my should	er next month	will be:					
□ Much worse	□ Worse	□ A little worse	☐ The same	□ Better	□ Much better					