

Oxford Instability Score

Clinician's name (or ref) _____

Patient's name (or ref) _____

Please answer the following 12 multiple choice questions.

During the past 4 weeks.....

1. During the last six months, how many times has your shoulder slipped out of joint (or dislocated)?

☐ Not at all in 6 months

☐ 1 or 2 times in 6 months

☐ 1 or 2 times per month

☐ 1 or 2 times per week

☐ More often than 1 or 2 times/week

2.During the last three months, have you had any trouble (or worry) dressing because of your shoulder?

☐ No trouble at all

☐ Slight trouble or worry

☐ Moderate trouble or worry

☐ Extreme difficulty

☐ Impossible to do

3)During the last three months, how would you describe the worst pain you have had from your shoulder?

☐ None

☐ Mild ache

☐ Moderate

☐ Severe

☐ Unbearable

4) During the last three months, how much has the problem with your shoulder interfered with your usual work (including school, college or housework)?

☐ Not at all

☐ A little bit

☐ Moderately

☐ Greatly

☐ Totally

5) During the last three months, have you avoided any activities due to worry about your shoulder feared that it might slip out of joint?

☐ Not at all

☐ Very occasionally

☐ Some days

☐ Most days or more than one activity

☐ Every day or many activities

6) During the last three months, has the problem with your shoulder prevented you from doing things that are important to you?

☐ No, not at all

☐ Very occasionally

☐ Some days

☐ Most days or more than one activity

☐ Every day or many activities

7. During the last three months, how much has the problem with your shoulder interfered with your social life (including sexual activity if applicable)?

☐ Not at all

☐ Occasionally

☐ Some days

☐ Most days

☐ Every day

8)During the last four weeks, how much has the problem with your shoulder interfered with yoursporting activities or hobbies?

☐ Not at all

☐ A little/occasionally

☐ Some of the time

☐ Most of the time

☐ All of the time

9) During the last four weeks, how often has your shoulder been 'on your mind' & how often have you thought about it?

☐ Never, or only if someone asks

☐ Occasionally

☐ Some days

☐ Most days

☐ Every day

10) During the last four weeks, how much has the problem with your shoulder interfered with your ability or willingness to lift heavy objects?

☐ Not at all

☐ Occasionally

☐ Some days

☐ Most days

☐ Every day

11) During the last four weeks, how would you describe the pain which you usually had from your shoulder?

☐ None

☐ Very mild

☐ Mild

☐ Moderate

☐ Severe

12) During the last four weeks, have you avoided lying in certain positions, in bed at night, because of your shoulder?

☐ No nights

☐ Only 1 or 2 nights

☐ Some nights

☐ Most nights

☐ Every night

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The Oxford Instability Score is: 60

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Interpreting the Oxford Instability Score

Score 0 to 19 Poor

Score 20 to 29 Fair

Score 30 to 39 Good

Score 40 to 48 Excellent

Reference for Score: The assessment of shoulder instability THE DEVELOPMENT AND VALIDATION OF A QUESTIONNAIRE Dawson J, Fitzpatrick R, Carr A, JBJS B, 81-B (3): 420. (1999) Link

Reference for grading: Website