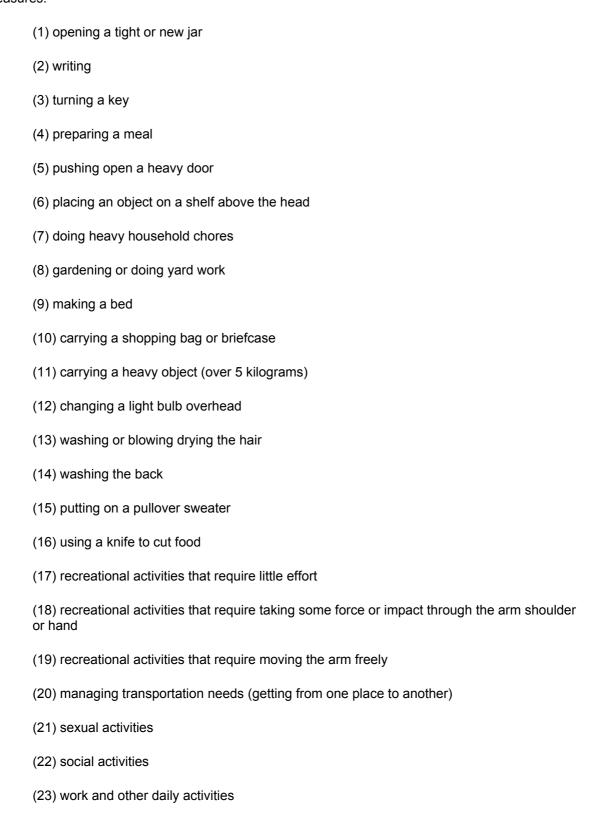
The Disabilities of the Arm Shoulder and Hand (DASH) Symptom Scale

Overview: The Disabilities of the Arm Shoulder and Hand (DASH) symptom scale can be used to evaluate a patient with a disorder of the upper extremity. It can be used to monitor the patient over time and to determine the effectiveness of an intervention.

Measures:



- (24) pain
- (25) pain when performing activities
- (26) tingling
- (27) weakness
- (28) stiffness
- (29) difficulty in sleeping
- (30) impact on self-image

Response	Points
no difficulty or no symptom	0
slight difficulty or mild symptom	1
moderate difficulty or symptom	2
severe difficulty or symptom	3
unable to perform or very severe symptom	4

where:

- Pain (item 24) may refer to pain at rest.
- Alternatively the points may be assigned from 1 to 5.

total score = SUM(points for all 30 items)

adjusted score (if scored from 0 to 4) = (total score for patient) / 120 * 100

Interpretation:

• minimum score (using 0 to 4 scale): 0

• maximum score (using 0 to 4 sacle): 120

• minimum adjusted score: 0

• maximum adjusted score: 100

Adjusted Score	Disability Level
0	no disability
100	extreme disability

References:

Atroshi I Gummesson C et al. The disabilities of the arm shoulder and hand (DASH) outcome queestionnaire. Reliability and validity of the Swedish version evaluated in 176 patients. Acta Orthop Scand. 2000; 71: 613-618 (Table 1 page 614).

Hudak PL Amadio PC Bombardier C. Development of an upper extremity outcome measure: the DASH (disabilities of the arm shoulder and hand). Am J Indust Med. 1996; 29: 602-608