

## Assessment of functional, physical and subjective outcomes

This score should be completed by the therapist in conjunction with the patient for both the initial assessment and the final assessment. It is not anticipated that a particular patient will fulfil all the criteria within one of the scale points, but their profile will predominantly fit into one of the scale points.

1. No pain, no referral of symptoms, no functional restriction, no working restriction, no SIN factors present (i.e. severity, irritability and nature) patient able to participate in all sport, leisure and social activities taking no medication. Patient's expected range of movement = 100% in all ranges.
2. Very low severity and irritability, symptoms occurring very infrequently. Able to work fully and carry out leisure, sports and social activities with only a minimal restriction from time to time. 90% range of motion available in one or more ranges. 100% ranges of motion available in all other ranges. Has no need to resort to simple analgesia.
3. Low severity, irritability and nature factors, sleep unaffected. Infrequent symptoms, working full-time. Some aspects of work slightly modified some minimal restriction of social, leisure and sports activities from time to time. 80% range of movement in one or two physiological ranges. All others 100%. Needs analgesia and anti-inflammatories from time to time when symptoms present.
4. Moderately low SIN factors, working full time in a modified way. Sleeps well in the main. Symptoms felt occasionally. Leisure, sport and social activities unaffected in the main. 70% range of motion available in one physiological range of motion. All others 100%. Some analgesia necessary when symptoms at their worst.
5. Moderate to mild severity and irritability. Symptoms felt regularly. Working almost full time in a modified way. Leisure and social activities affected occasionally. Contemplating returning to sport. 60% range of motion available in one or two ranges of motion. All others 100%. More than occasional use of analgesia.
6. Moderate severity and irritability in nature. Moderate symptoms felt intermittently, almost daily. Some sleep loss occasionally. Working part time in a modified way. No sport activities. Leisure and social activities possible if careful. Able to do most daily living activities unaided. One range of motion reduced to 50%. Regular use of analgesia.
7. Moderate SIN factors. Sleep disturbed once or twice a week. Moderate symptoms daily, pain moderately intense. Working on a very part time basis. Pain local and/or referred. Participating in leisure and social activities at a restricted level. The majority of functional tasks provoke symptoms. Less than 40% range of motion in one physiological range of movement. Analgesia used most days.
8. Moderately high SIN factors. Local and/or referral of pain. Intermittent severe and intense pain but felt regularly, throughout the day. Unable to work due to symptoms. Sleep disturbed. Performing some functional tasks with some restriction. No sporting activities possible. Leisure activities somewhat curtailed. Under 30% range of movement available in one or more ranges. Analgesia taken regularly throughout the day.
9. High SIN factors. Severe and intense pain almost constant. Local and/or referral. Sleep disturbed every night. Performs minimal functional tasks at home. Leisure and social activities curtailed by symptoms by a large degree. No sporting activity possible. Range of movement reduced to 20%, or less in one range of motion. Heavy reliance on analgesia.
10. Very high SIN factors. Severe and intense pain felt constantly. Unable to sleep, work or participates in leisure and social activities in any form. Range of movement less than 20% in one or more direction. Completely reliant on drug therapy for minimal pain relief.