

Disabilities of the Arm, Shoulder and Hand (DASH) Outcome Measure



WHAT'S THE PURPOSE?

The DASH measures your ability to do tasks that involve your arms, shoulders, and hands. You rate how difficult it is to do tasks and absorb forces, and how that difficulty affects your quality of life and performance of activities of daily living.

The DASH is suitable for anyone who has reduced function of the arm, shoulder, or hand because of arthritis, musculoskeletal conditions, joint pain and fractures, chronic pain, or other conditions.

The DASH can be used to measure changes in how your arms, shoulders, or hands function after therapy, surgery, or over time.

WHAT CAN I EXPECT?

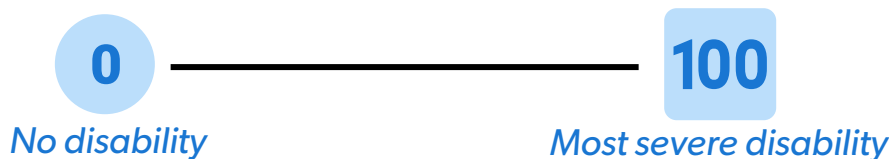
You will fill out a 30-item questionnaire.

The items ask:

- How difficult it is to do activities that involve your arm, shoulder or hands
- The severity of pain, activity-related pain, tingling, weakness and stiffness that you experience
- How your symptoms affect your social activities, work, sleep, and self-image



WHAT DOES MY SCORE MEAN?



Your doctor or therapist will calculate a total score. This score will range from 0 to 100. 0 means no disability and 100 means the most severe disability.

Your score reflects the difficulty you experience doing activities of daily living that involve your hands, arms and shoulders.

Have a conversation with your healthcare provider about what the results mean for you.