

Patient Name: _____ DOB: _____

The FOTO Shoulder Functional Status 10-item Short Form

Thank you for choosing to complete this assessment. These questions help your clinician create, monitor, and adjust your treatment plan over time.

There are no wrong answers. We want to know what YOU think.

When answering the questions, remember the following points:

- These questions are related to the **specific problem for which you are receiving treatment at this clinic**, rather than your overall health or unrelated medical problems.
- Answer these questions based on your status over the **past few days**.
- If you feel a question does not **exactly** apply to you or your current condition, choose the answer that fits best.
- This assessment may ask questions about activities you **cannot** or **do not currently** do. This is intentional. Understanding the full scope of activities that you can and cannot do is valuable when assessing your functional level.

How much difficulty do you or would you have using your affected arm to	I can't do this	Much difficulty	Some difficulty	Little difficulty	No difficulty
carry a shopping bag or briefcase?					
push open a heavy door?					
reach an overhead shelf?					
lower a lightweight object (1-5 lb) from the top shelf of a closet?					
carry a heavy object (over 10 lbs)?					
pull a medium weight object (5-10 lbs) from under a bed?					
do heavy household chores (e.g., washing walls, washing floors)?					
move a heavy skillet (e.g., cast iron skillet) from one stove burner to another?					
place a can of soup (1 lb) on a shelf overhead?					
How much difficulty do you or would you have					
adjusting the back of your collar with your affected hand?					

The FOTO Shoulder 10-item Short Form Scoring Algorithm

Scoring Instructions: The respondent must answer all of the functional questions. If any questions are skipped, the measure cannot be scored. Score the measure by summing all responses. The sum should range between 10 and 50. Find the sum in the left column and select the functional status (FS) measure score in the right column. I can't do this = 1, Much difficulty = 2, Some difficulty = 3, Little difficulty = 4, No difficulty = 5.

Sum	FS Measure
10	0.0
11	26.7
12	32.0
13	35.2
14	37.6
15	39.5
16	41.1
17	42.5
18	43.8
19	45.0
20	46.2
21	47.3
22	48.3
23	49.3
24	50.3
25	51.3
26	52.2
27	53.2
28	54.1
29	55.1

30	56.0
31	56.9
32	57.9
33	58.8
34	59.7
35	60.7
36	61.6
37	62.6
38	63.6
39	64.6
40	65.6
41	66.8
42	67.9
43	69.2
44	70.6
45	72.2
46	74.1
47	76.4
48	79.6
49	84.8
50	100.0

For more information about FOTO patient-reported outcome measures and risk adjustment, visit <https://fotoinc.com/peer-reviewed-articles/>