

Oxford Elbow Score (OES)

English version for the United Kingdom



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PROBLEMS WITH YOUR ELBOW

	Tick (\checkmark) one box for every of							
1.	During the past 4 weeks							
	Have you had difficulty lifting things in your home, such as putting out the rubbish, because of your elbow problem?							
	No difficulty	A little bit of difficulty	Moderate difficulty	Extreme difficulty	Impossible to do			
2.	During the past 4 weeks							
	Have you had difficulty carrying bags of shopping, because of your elbow problem?							
	No difficulty	A little bit of difficulty	Moderate difficulty	Extreme difficulty	Impossible to do			
3.	During the past 4 weeks							
	Have you had any difficulty washing yourself <u>all over</u> , <u>because of your</u> <u>elbow problem</u> ?							
	No difficulty	A little bit of difficulty	Moderate difficulty	Extreme difficulty	Impossible to do			
4.	During the past 4 weeks							
	Have you had problem?	any difficulty dr	essing yoursel	f, <u>because of y</u>	our elbow			
	No difficulty	A little bit of difficulty	Moderate difficulty	Extreme difficulty	Impossible to do			
5.	During the pa	ast 4 weeks						
	Have you felt that your elbow problem is "controlling your life"?							
X	No, not at all	Occasionally	Some days	Most days	Every day			
6.	During the pa	ast 4 weeks						
	How much has	s your elbow pro		•	A ''			
	Not at all	A little of the time	Some of the time	Most of the time	All of the time			

7.	During the past 4 weeks							
	Have you been troubled by pain from your elbow in bed at night?							
	.	1 or 2	Some	Most	Every			
	Not at all	nights	nights	nights	night			
					•			
8.	During the past 4 weeks							
	How often has your elbow pain interfered with your sleeping?							
	Not at all	Occasionally	Some of the time	Most of the time	All of the time			
		Occasionally						
				•				
9.	During the past 4 weeks							
	How much has your elbow problem interfered with your usual work or							
	everyday activ		Moderately	Croatly	Totally			
	Not at all	A little bit	Moderately	Greatly	Totally			
10.	During the past 4 weeks Has your elbow problem limited your ability to take part in leisure activities that you enjoy doing?							
	activities that	you enjoy doni	Some	Most	All			
	No, not at all	Occasionally	of the time	of the time				
		- F						
11.	During the p	<u> </u>						
11.	During the particular the particular the particular terms of the particular te	ast 4 weeks	vorst pain vou	have from vou	r elbow?			
11.		<u> </u>	worst pain you Moderate	have from you Severe	r elbow?			
11.	How would yo	ast 4 weeks u describe the <u>v</u>			r elbow? Unbearable			
11.	How would yo	ast 4 weeks u describe the <u>y</u> Mild	Moderate	Severe				
11.	How would yo	ast 4 weeks u describe the <u>y</u> Mild	Moderate	Severe				
11.	How would yo No pain	ast 4 weeks u describe the <u>y</u> Mild	Moderate pain	Severe				
11.	How would yo No pain During the p	ast 4 weeks u describe the <u>weeks</u> Mild pain	Moderate pain	Severe pain	Unbearable			
11. 12.	How would yo No pain During the p	ast 4 weeks u describe the y Mild pain	Moderate pain	Severe pain	Unbearable			
11. 12.	How would yo No pain During the pain How would yo	ast 4 weeks u describe the <u>weeks</u> Mild pain	Moderate pain	Severe pain	Unbearable			

Finally, please check back that you have answered each question.

Thank you very much.