How much trouble (soreness, pain or discomfort) have you had within the last 7 days in each of the following regions? Mark with a cross X for each region. (0 = no trouble, 9 = very very severe trouble).

Musicians’Health

Participant no. 

Left shoulder

Right shoulder

Left elbow

Right elbow

Left hand and wrist

Right hand and wrist

Hips

Knees

Ankles and/or feet

Upper back

Neck

Lower back

Instruction: Mark with a cross X for each region how much trouble (soreness, pain or discomfort) you have had within the last 7 days. If the degree of your trouble has varied you must specify the maximum degree of trouble for each region. If you have not had any trouble within the last 7 days you should put a cross in 0.

0  no trouble
1  very very mild
2  very mild
3  mild
4  mild to moderate
5  moderate
6  moderate to severe
7  severe
8  very severe
9  very very severe

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Date
Examiner