

ADLEIR Score (pre- and postoperative quantification of activities of daily living [ADL] which require active external rotation [ER] and internal rotation [IR])

DATE.....Side...Right / Left

1	Comb hair	/3
2	Shave (men) or apply make up (women)	/3
3	Brush teeth	/3
4	Dress (ie put on shirt or coat without help)	/3
5	Fill a glass with a full bottle (while sitting at a table)	/3
6	Drink (bring a full glass to the mouth)	/3
7	Eat soup (with a full spoon)	/3
8	Shake someone's hand or open a door	/3
9	Use a phone (at ear level)	/3
10	Write a letter (or sign a paper or use a keyboard or play the piano)	/3
11	remove object from pocket opposite back pocket	/3
12	wash back opposite shoulder	/3

*All these activities should be performed without the help of flexing the neck or bending the trunk and without the help of first abducting the elbow (i.e., without doing a hornblower sign).

Total 36 points:

0 = unable to do.

1 = very difficult to do.

2 = somewhat difficult to do.

3 = not difficult at all.