



OUT-PATIENT CLINIC ROYAL BERKSHIRE HOSPITAL SHOULDER UNIT
The Walch-Duplay Score for Instability of the Shoulder

Patient's Details

Operation/Diagnosis: _____ Date: _____
 Side: R L

Examination: 3 months 1 year
 6 months 2 years _____ years

1.- Level of Sport Practised (please circle):
 C = Competition L = Leisure N = Not practising a sport

2.- Type of Sport (please circle):
 0 = no sport
 1 = risk free athletics, rowing, swimming, breaststroke, underwater diving, voluntary gymnastics, cross-country skiing, shooting, sailing.
 2 = with contact martial arts, cycling, motorcycling or biking, scrambling, soccer, rugby, water-skiing, downhill skiing, parachute jumping, horse riding.
 3 = with cocking of the arm climbing, weight lifting, shot-putting, swimming overarm and butterfly, pole vaulting, figure skating, canoeing, golf, hockey, tennis, baseball.
 4 = high risk basketball, handball, volleyball, hand gliding, kayaking, water polo.

3.- Side (please circle): Right Left D = dominant d = nondominant

ROM
 Abduction: _____ FWF: _____ ER: _____ IR: _____ ER in 90 abduction: _____

POINTS (please circle)

A.- Daily Activity

Return to same level in the same sport	+25 points	No discomfort
Decrease level in the same sport	+15 points	Slight discomfort in forceful movements
Change in sport	+10 points	Slight discomfort during simple movements
Decrease level and change, or stop sport	0 points	Severe discomfort

B.- Stability

- +25 points: No apprehension
- +15 points: Persistent apprehension
- 0 points: Feeling of instability
- 25 points: True recurrence

C.- Pain

- +25 points: No or pain during certain climatic conditions
- +15 points: Pain during forceful movements or when tired
- 0 points: Pain during daily life

D.- Mobility

- +25 points: Pure frontal abduction against a wall: symmetrical
 Internal rotation limited to less than three vertebrae
 External rotation at 90 degrees abduction limited to less than 10% of the opposite side.
- +15 points: Pure frontal abduction against a wall < 150 degrees
 IR: limited to less than three vertebrae
 ER: limited to less than 30% of the opposite side
- +5 points: Pure frontal abduction against a wall < 120 degrees
 IR: limited to less than six vertebrae
 ER: limited to less than 50% of the opposite side
- 0 points: Pure frontal abduction against a wall < 90 degrees
 IR: limited to more than six vertebrae
 ER: limited to more than 50% of the opposite side

OVERALL

Excellent:	91 to 100 points
Good:	76 to 90 points
Medium:	51 to 75 points
Poor:	50 points or less

TOTAL(/100): A + B + C + D