Scores III

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ABSTRACT
The Editorial Committee wants to provide its readers with an update on the most commonly used scales. The use of tables and scales is a widespread practice in Orthopedics and Traumatology. The measurement and quantification of clinical, functional, and radiographic aspects has become an essential tool for decision-making in different aspects of healthcare activity. We carry out a review of the most used scales, defining their use and including original and updated literature.

Key words: Scales; scores; tables; update.
Level of Evidence: V

INTRODUCTION
The Editorial Committee wants to provide its readers with an update on the most commonly used scores. The use of tables and scales is a widespread practice in Orthopedics and Traumatology. The measurement and quantification of clinical, functional, and radiographic aspects have become essential tools for decision-making in different aspects of healthcare activity.

We carried out a review of the most used scales, defining their use and including original and updated literature. In this opportunity, we dealt with the section of hand scores.
MAYO ELBOW PERFORMANCE SCORE (MEPS)
https://www.orthopedicscore.com/scorepages/mayo_elbow.html

Section 1 - Pain intensity Maximum 45

☐ None (45)
☐ Mild (30)
☐ Moderate (15)
☐ Severe (0)

Section 2 - Range of motion Maximum 20

☐ Arc of motion >100° (20)
☐ Arc of motion between 50 and 100° (15)
☐ Arc of motion <50° (5)

Section 3 - Stability Maximum 10

☐ Stable (10)
☐ Moderate instability (5)
☐ Gross instability (0)

Section 4 - Function Maximum 25

☐ Can comb hair (5)
☐ Can eat unaided (5)
☐ Can perform personal hygiene (5)
☐ Can put on a shirt (5)
☐ Can put on shoes (5)

TOTAL SCORE (maximum 100 points)

SUGGESTED REFERENCES

**ASES SHOULDER SCORE (American Shoulder and Elbow Surgeons)**
https://www.orthopaedicscore.com/scorepages/patient_completed_score.html

**ASES Shoulder Score**

Name …………………………………………………………  Age ……………  Date ………………………

1. Usual work …………………………………………………………………………………………….……

2. Usual Sport/Leisure activity? ……………………………………………………………………………

3. Do you have shoulder pain at night?  □ Yes  □ No

4. Do you take pain killers such as paracetamol (acetaminophen), diclofenac, or ibuprofen?  □ Yes  □ No

5. Do you take strong pain killers like codeine, tramadol, or morphine?  □ Yes  □ No

6. How many pills do you take on an average day?  □ Yes  □ No

7. Pain intensity
   □ 10  □ 9  □ 8  □ 7  □ 6  □ 5  □ 4  □ 3  □ 2  □ 1  □ 0
   Pain as bad as it can be  No pain at all

8. Is it difficult for you to put on a coat?
   □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult

9. Is it difficult for you to sleep on the affected side?
   □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult

10. Is it difficult for you to wash your back/do up your bra?
    □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult

11. Is it difficult for you to clean the perineal area?
    □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult

12. Is it difficult for you to comb your hair?
    □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult

13. Is it difficult for you to reach a high shelf?
    □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult

14. Is it difficult for you to lift 10 pounds (4.5 kg) above your shoulder?
    □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult

15. Is it difficult for you to throw a ball over your head?
    □ Unable to do  □ Very difficult to do  □ Somewhat difficult  □ Not difficult
16. Is it difficult for you to do your usual work?
- [ ] Unable to do
- [ ] Very difficult to do
- [ ] Somewhat difficult
- [ ] Not difficult

17. Is it difficult for you to do your usual sport/leisure activity?
- [ ] Unable to do
- [ ] Very difficult to do
- [ ] Somewhat difficult
- [ ] Not difficult

**SUGGESTED REFERENCES**


### CONSTANT-MURLEY SHOULDER SCORE
https://www.orthopaedicscore.com/scorepages/constant_shoulder_score.html

Answer all questions, selecting just one unless otherwise stated.

**During the past 4 weeks...**

1. Pain
   - Severe
   - Moderate
   - Mild
   - None

2. Activity Level (check all that apply)
   - Unaffected sleep: Yes, No
   - Full Recreation/Sport: Yes, No
   - Trabajo completo: Yes, No

3. Arm positioning
   - Up to waist
   - Up to xiphoid
   - Up to neck
   - Up to top of head
   - Above head

4. Strength of Abduction [lbs]
   - 0
   - 1-3
   - 4-6
   - 7-9
   - 10-12
   - 13-15
   - 15-18
   - 19-21
   - 22-24
   - >24

**RANGE OF MOTION**

5. Forward flexion
   - 31-60°
   - 61-90°
   - 91-120°
   - 121-150°
   - 151-180°

6. Lateral elevation
   - 31-60°
   - 61-90°
   - 91-120°
   - 121-150°
   - 151-180°

7. External rotation
   - Hand behind head, elbow forward
   - Hand behind head, elbow back
   - Hand to top of head, elbow forward
   - Hand to top of head, elbow back
   - Full elevation

8. Internal rotation
   - Lateral thigh
   - Buttock
   - Lumbosacral junction
   - Waist (L3)
   - T12 vertebra
   - Interscapular (T7)
SUGGESTED REFERENCES


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