

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

Puntajes III

RESUMEN

El Comité Editorial quiere brindar a sus lectores una actualización de las escalas de uso corriente. El empleo de tablas y escalas es una práctica muy extendida en la Ortopedia y Traumatología. La medición y la cuantificación de los aspectos clínicos, funcionales y radiográficos se convirtieron en una herramienta imprescindible para la toma de decisiones en diferentes aspectos de la actividad asistencial. Llevamos a cabo una revisión de las escalas más utilizadas, definiendo su uso e incluyendo bibliografía original y actualizada.

Palabras clave: Escalas; puntajes; tablas; actualización.

Nivel de Evidencia: 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.

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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**

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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 No4. Do you take pain killers such as paracetamol (acetaminophen), diclofenac, or ibuprofen? Yes No5. Do you take strong pain killers like codeine, tramadol, or morphine? Yes No6. 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

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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)

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