

## Patient-Reported Outcomes (PROs)

Great Resource = [Rehabilitation Measures Database](#)

### Patient-Reported Outcome Measures

- **Generic**
  - [Patient Specific Functional Scale \(PSFS\)](#)
  - [Disablement in the Physically Active Scale \(DPA\)](#)
- **Pain**
  - [Numeric Pain Rating Scale \(NPRS\)](#)
  - [McGill Pain Questionnaire](#)
  - [McGill Pain Questionnaire Short-Form](#)
- **Post-Treatment**
  - Global Rating of Change Scale (GROC)

### GLOBAL RATING OF CHANGE SCALE (GROC)

Thank you for the opportunity to assist in your rehabilitation. The following rating scale allows us to review the overall outcome of your condition with physical therapy intervention. It allows us to review your physical therapy outcome, which helps guide our treatment to better serve our patients in the future. The Global Rating of Change (GROC) has been well documented and extensively used in research as an outcome measure as well as to compare outcome measures.

Please rate the overall condition of your injured body part or region *FROM THE TIME THAT YOU BEGAN TREATMENT UNTIL NOW* (Check only one):

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> A very great deal worse (-7) | <input type="checkbox"/> About the same (0) | <input type="checkbox"/> A very great deal better (7) |
| <input type="checkbox"/> A great deal worse (-6)      |   | <input type="checkbox"/> A great deal better (6)      |
| <input type="checkbox"/> Quite a bit worse (-5)       |   | <input type="checkbox"/> Quite a bit better (5)       |
| <input type="checkbox"/> Moderately worse (-4)        |   | <input type="checkbox"/> Moderately better (4)        |
| <input type="checkbox"/> Somewhat worse (-3)          |   | <input type="checkbox"/> Somewhat better (3)          |
| <input type="checkbox"/> A little bit worse (-2)      |   | <input type="checkbox"/> A little bit better (2)      |
| <input type="checkbox"/> A tiny bit worse (-1)        |   | <input type="checkbox"/> A tiny bit better (1)        |

From: Jaeschke R, Singer J, Guyatt GH. Measurement of health status. Ascertaining the minimal clinically important difference. *Control Clin Trials* 1989; 407-15.

- **Generic Upper Extremity**
  - [Disabilities of Arm, Shoulder & Hand \(DASH\)](#)
  - [Quick Disabilities of Arm, Shoulder & Hand \(QuickDASH\)](#)
  - [Upper Extremity Functional Index \(UEFI\)](#)
- **Head**
  - [Rivermead Post Concussion Symptoms Questionnaire: Modified Scoring System](#)
  - [Vestibular Rehabilitation Benefits Questionnaire \(VRBQ\)](#)

- **Neck**
  - [Neck Disability Index \(NDI\)](#)
  - [Neck Bournemouth Questionnaire \(NBQ\)](#)
    - [Scoring of NBQ](#)
- **Shoulder**
  - [Shoulder Pain And Disability Index \(SPADI\)](#)
  - [Disabilities of Arm, Shoulder & Hand \(DASH\)](#)
  - [Quick Disabilities of Arm, Shoulder & Hand \(QuickDASH\)](#)
  - [Simple Shoulder Test \(SST\)](#)
  - [Western Ontario Shoulder Instability Index \(WOSI\)](#)
  - [American Shoulder and Elbow Surgeons Standardized Shoulder Assessment Form \(ASES\)](#)
- **Elbow**
  - [Patient-Rated Tennis Elbow Evaluation \(PRTEE\)](#)
- **Hand**
  - [Duruoz Hand Index \(DHI\)](#)
- **Back**
  - [Back Pain Functional Scale \(BPFS\)](#)
  - [Oswestry Disability Index \(ODI\)](#)
  - [Quebec Back Pain Disability Scale](#)
  - [Roland-Morris Disability Questionnaire \(RMDQ\)](#)
  - [Fear-Avoidance Beliefs Questionnaire \(FABQ\)](#)
- **Generic Lower Extremity**
  - [Lower Extremity Functional Scale \(LEFS\)](#)
- **Hip**
  - [International Hip Outcome Tool \(iHOT\)](#)
- **Knee**
  - [Modified Cincinnati Knee Rating System Questionnaire](#)
    - [Functional Assessment in the Cincinnati Knee Rating System](#)
  - [Knee Outcome Survey \(KOS\)](#)
  - [Victorian Institute of Sports Assessment Questionnaire-Patellar Tendon \(VISA-P\)](#)
- **Foot & Ankle**
  - [Foot and Ankle Ability Measures \(FAAM\)](#)
  - [Foot and Ankle Disability Index \(FADI\)](#)
    - [Foot and Ankle Disability Index-Sport \(FADI Sport\)](#)
- **Achilles**
  - [Victorian Institute of Sports Assessment-Achilles \(VISA-A\)](#)

## **Mental Health**

- **Depression**
  - [Patient Health Questionnaire \(PHQ-9\)](#)
- **Anxiety**
  - [Generalized Anxiety Disorder-7 \(GAD-7\)](#)
  - [Sport Anxiety Scale \(SAS\)](#)
  - [Sport Competition Anxiety Test \(SCAT\)](#)
- **Stress**
  - [Perceived Stress Scale-14 \(PSS-14\)](#)
  - [COPE Inventory](#)
- **Fear avoidance**
  - [ÖMSQ-12](#)

## **Health-Related Quality of Life (HRQL)/Quality of Life (QOL)**

- [Life Satisfaction Questionnaire-9 or 11 \(LIST-9 or LIST-11\)](#)