

## The Rowe Score for Instability

(With the permission of the Journal of Bone & Joint Surgery)

Clinician's name (or ref) .....

Patient's name (or ref) .....

Please answer the following questions.

### Section 1 - Stability

- No Recurrence, subluxation or apprehension
- Apprehension when placing arm in certain positions
- Subluxation (not requiring reduction)
- Recurrent Dislocation

### Section 2 - Motion

- 100% of normal ext rotation, int rotation and elevation
- 75% of normal ext rotation, int rotation and elevation
- 50% of normal ext rotation, int rotation and elevation
- 50% of normal elevation, and int rotation, No ext rotation

### Section 3 - Function

- No limitation of work or sports, little or no discomfort (eg shoulder strong overhead, lifting, swimming, throwing, tennis)
- Mild limitation and minimum discomfort
- Moderate limitation and discomfort
- Marked limitation and pain

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