



MR GIUSEPPE SFORZA  
CONSULTANT ORTHOPAEDIC SURGEON



**ADLEIR Score (pre- and postoperative quantification of activities of daily living [ADL] which require active external rotation [ER] and internal rotation [IR])**

DATE.....Side...Right / Left

1	Comb hair	/3
2	Shave (men ) or apply make up (women)	/3
3	Brush teeth	/3
4	Dress ( ie put on shirt or coat without help)	/3
5	Fill a glass with a full bottle ( while sitting at a table)	/3
6	Drink ( bring a full glass to the mouth)	/3
7	Eat soup ( with a full spoon)	/3
8	Shake someone's hand or open a door	/3
9	Use a phone ( at ear level)	/3
10	Write a letter ( or sign a paper or use a keyboard or play the piano)	/3
11	remove object from back pocket	/3
12	wash back opposite shoulder	/3

\*All these activities should be performed without the help of flexing the neck or bending the trunk and without the help of first abducting the elbow (i.e., without doing a hornblower sign).

Total 36 points:

0 = unable to do.

1 = very difficult to do.

2 = somewhat difficult to do.

3 = not difficult at all.

## Appointments

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