Kerlan-Jobe shoulder and elbow questionnaire

(Kerlan-Jobe Orthopaedic Clinic Shoulder & Elbow Score, KJOC)

Name	Age	Sex/Gender	Date		
Dominant hand (R) (L) (Ambidextrous)					
Sporting Event	Position	Active com	petitive years		

Answer the following questions related to your upper limb. In this questionnaire upper limb refers to your shoulder and elbow regions

	YES	No
1. Do you currently have an injury in your upper limb?		
2. Are you currently actively participating in your sport?		
3. In the past year, have you lost competition or training time due to a shoulder		
or elbow problem?		
4. Do you have any diagnosed shoulder or elbow problem other than a stress		
or acute injury?		
If yes, what?		
5. Have you received treatment for your shoulder or elbow injury?		
If yes, what type of treatment? (You can choose more than one option)		
□ Rest □ Rehabilitation □ Surgery (what surgery?)		

Describe at which level your currently compete at in your sporting event:

Use from the following possible terms: Elite athlete (Olympic athlete / professional athlete / semiprofessional athlete), competitive athlete, fitness- or hobby athlete 6. What is the highest level you have competed in?

7. At which level do you compete in at the moment?	
8. If your current competitive level is not the same as	s your previous level, is

this a direct result of your upper limb injury?

Choose **ONE** of the following options that best describes your current situation:

□ I participate fully in sport without upper limb problems □ I participate in sport but I have a problem

in my upper limb

I do not participate in sport because of my upper limb problem

Instructions to athlete:

The following questions are related to your physical performance in competition and training situations. All questions are related to your **shoulder and elbow**, unless otherwise stated. Mark on the line with an **X** too show the point that best suits your current situation.

1. Do you have problems warming up before a competition or training? I never feel warmed up before Warming up lasts the usual competition or training duration 2. How much pain do your experience in your shoulder or elbow? Pain at rest No pain during competition 3. How much weakness and/or tiredness (e.g. muscle weakness) do you experience in your shoulder or elbow? No weakness, only normal Weakness and tiredness prevent tiredness following participation all competitive participation 4. How unstable does your shoulder or elbow feel during competitive participation? Regularly sublocates /goes out of Completely stable place 5. How much has your upper limb problem affected your relationships with coaches, team management and agents? I left my team or was moved to No effect another team, my contract was

terminated or my stipend support was withdrawn The following question relate to your competitive performance in your sport. Mark on the line with an **X** too show the point that best suits your current situation.

6. How much have you changed your throwing, bowling or stroke/pull technique etc because of your upper limb injury?

No change in technique Completely changed, I don't perform that movement anymore 7. How much has your movement speed or movement force (power) suffered/changed due to your upper limb injury? My movement speed has No changes in movement speed or completely decreased and I have power changed sport 8. Does your upper limb injury limit your competition/competitive endurance? Limits completely (I have e.g. No limit in competitive endurance changed playing position or changes to a shorter competitive distance/event) 9. How much has your upper limb injury reduced/decreased your movement control during e.g. throwing, bowling, stroke etc? Movement control is unpredictable No effect on movement control in throwing, bowling, stroke etc. 10. How much do you feel that your upper limb injury has had on your competitive level in your sport (e.g. (for example) does your upper limb (injury) prevent your using your full performance potential)? I cannot compete and have been I compete at my expected level

forced to change sporting event