

## 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 competitive 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?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you currently actively participating in your sport?	<input type="checkbox"/>	<input type="checkbox"/>
3. In the past year, have you lost competition or training time due to a shoulder or elbow problem?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have any diagnosed shoulder or elbow problem other than a stress or acute injury? If yes, what? _____	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you received treatment for your shoulder or elbow injury? If yes, what type of treatment? (You can choose more than one option) <input type="checkbox"/> Rest <input type="checkbox"/> Rehabilitation <input type="checkbox"/> Surgery (what surgery?) _____	<input type="checkbox"/>	<input type="checkbox"/>

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

Use from the following possible terms: Elite athlete (Olympic athlete / professional athlete / semi-professional 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 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?



2. How much pain do you experience in your shoulder or elbow?



3. How much weakness and/or tiredness (e.g. muscle weakness) do you experience in your shoulder or elbow?



4. How unstable does your shoulder or elbow feel during competitive participation?



5. How much has your upper limb problem affected your relationships with coaches, team management and agents?



The following questions relate to your competitive performance in your sport. Mark on the line with an **X** to 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?



7. How much has your movement speed or movement force (power) suffered/changed due to your upper limb injury?



8. Does your upper limb injury limit your competition/competitive endurance?



9. How much has your upper limb injury reduced/decreased your movement control during e.g. 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)?

