

Secec Elbow Score

Right	Left
--------------	-------------

Pain	The most severe pain experienced during ordinary activities over a 24-hour period		
	VAS (0 – 15 points)		

Activities of Daily Living	Sleep	Undisturbed 2 points Occasionally disturbed 1 point Disturbance every night 0 points		
	Work	How much of your normal work does your elbow allow? VAS 1 – 4 points		
	Leisure	How much of your normal recreational activity does your elbow allow? VAS 1 – 4 points		
	Positioning	To which level can you use your arm comfortably? Hand to mid-tigh 2 points Hand to front pocket 2 points Hand to waist line 2 points Hand to contra lateral axilla 2 points Hand to ipsilateral ear 2 points		
	Total for ADL (4 – 20 points)			

Painless active movement	Extension deficit °	-10 – 5 = 10 points >51 = 0 points 6 – 30 = 6 points 31 – 50 = 2 points (Max 10 points)		
	Flexion deficit °	Soft tissues – 130 = 15 points < 89 = 0 points 129 – 105 = 10 points 104 – 90 = 5 points (Max 15 points)		
	Supination °	Full – 60 = 5 points 59 – 30 = 2 points < 29 or fixed rotation = 0 points (Max 5 points)		
	Pronation °	Full – 60 = 10 points 59 – 30 = 5 points < 29 or fixed rotation = 0 points (Max 10 points)		
Total for movement (0 - 40 points). <u>Ancylotic elbow: 0 point.</u>				

Strength	Arm stretched out in 90°-forward flexion humerus resting on table. Elbow flexed 90°. Forearm neutral. Maximum of three Isobex ^C (Primatron GmbH, CH-3005 Bern) measurements separated by at least 1 minute. Not able to flex 90° gives 0 point. Extension 1 point/kg max 10 point. Flexion 1 point/kg max 15 point.			1.	2.	3.
	Right	Flex				
		Ext				
	Left	Flex				
		Ext				
Maximum strength (0 - 25 points)						

RESULT