

**The Walch-Duplay Score for Instability of the Shoulder**

Patient's Details

**Operation/Diagnosis:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Side: R L**

**Examination:** 3 months      1 year  
                                 6 months      2 years      \_\_ years

**1.- Level of Sport Practised** (please circle):

C = Competition      L = Leisure      N = Not practising a sport

**2.- Type of Sport** (please circle):

- 0 = no sport
- 1 = risk free      athletics, rowing, swimming, breaststroke, underwater diving, voluntary gymnastics, cross-country skiing, shooting, sailing.
- 2 = with contact      martial arts, cycling, motorcycling or biking, scrambling, soccer, rugby, water-skiing, downhill skiing, parachute jumping, horse riding.
- 3 = with cocking of the arm      climbing, weight lifting, shot-putting, swimming overarm and butterfly, pole vaulting, figure skating, canoeing, golf, hockey, tennis, baseball.
- 4 = high risk      basketball, handball, volleyball, hand gliding, kayaking, water polo.

**3.- Side** (please circle):      Right      Left      D = dominant      d = nondominant

**ROM**

**Abduction:** \_\_\_\_\_      **FWF:** \_\_\_\_\_      **ER:** \_\_\_\_\_      **IR:** \_\_\_\_\_      **ER in 90 abduction:** \_\_\_\_\_

**POINTS** (please circle)

**A.- Daily Activity**

- Return to same level in the same sport      +25 points      No discomfort
- Decrease level in the same sport      +15 points      Slight discomfort in forceful movements
- Change in sport      +10 points      Slight discomfort during simple movements
- Decrease level and change, or stop sport      0 points      Severe discomfort

**B.- Stability**

- +25 points: No apprehension
- +15 points: Persistent apprehension
- 0 points: Feeling of instability
- 25 points: True recurrence

**C.- Pain**

- +25 points: No or pain during certain climatic conditions
- +15 points: Pain during forceful movements or when tired
- 0 points: Pain during daily life

**D.- Mobility**

- +25 points: Pure frontal abduction against a wall: symmetrical  
Internal rotation limited to less than three vertebrae  
External rotation at 90 degrees abduction limited to less than 10% of the opposite side.
- +15 points: Pure frontal abduction against a wall < 150 degrees  
IR: limited to less than three vertebrae  
ER: limited to less than 30% of the opposite side
- +5 points: Pure frontal abduction against a wall < 120 degrees  
IR: limited to less than six vertebrae  
ER: limited to less than 50% of the opposite side
- 0 points: Pure frontal abduction against a wall < 90 degrees  
IR: limited to more than six vertebrae  
ER: limited to more than 50% of the opposite side

**OVERALL**

- Excellent: 91 to 100 points
- Good: 76 to 90 points
- Medium: 51 to 75 points
- Poor: 50 points or less

**TOTAL(/100): A + B + C + D**

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**Walch G.** Directions for the use of the quotation of anterior instabilities of the shoulder. Abstracts of the First Open Congress of the European Society of Surgery of the Shoulder and Elbow, Paris, 1987, pp 51-55.