

**This assessment review was compiled by our students and is intended to be used as a guide in assisting clinicians. We encourage you to review the evaluations and assessments for yourself to guarantee the most accurate and updated information.*

I. General Information

Title of the test: Disabilities of the Arm, Shoulder, and Hand (DASH)

Author: Christina Gummesson, Isam Atroshi, and Charlotte Ekdahl

Publisher: Taylor & Francis Group (2003)

Time required to administer: 10-15 minutes to administer

Cost of the Test: The DASH and *QuickDASH* Outcome Measure are available free of charge provided they are not sold or incorporated into a product that are sold.

II. Description of Test

Type/Purpose of Test The DASH Outcome Measure is a 30-item, self-report questionnaire designed to measure physical function and symptoms in people with any of several musculoskeletal disorders of the upper limb. The tool gives clinicians and researchers the advantage of having a single, reliable instrument that can be used to assess any or all joints in the upper extremity.

Population: The DASH and *QuickDASH* were developed to assess upper extremity disabilities in adults - while there is no set age limit, general guidelines are 18-65 years of age.

Focus of measurement:

Organic systems Abilities Participation/life habits Environmental Factors

III. Practical Administration

Ease of Administration: Administration is as easy as handing out the questionnaire to fill out. Client can do the test on his own without any help.

Clarity of Directions: Directions are easy to follow and simple for the client to follow.

Scoring Procedures: The DASH Outcome Measure is scored in two components: the disability/symptom section (30 items, scored 1-5) and the optional high performance Sport/Music or Work section (4 items, scored 1-5). Takes about 10 minutes for professionals to score.

Examiner Qualification & Training: No qualification is necessary but it would be beneficial to have anatomy and kinesiology education of the upper extremity in order to interpret the results.

IV. Technical Considerations

Standardization: Norms Criterion Referenced Other

Reliability: The reliability, as reported by Cronbach's alpha, is 0.9615, and test-retest reliability is 0.9219. very reliable

Validity: ranged from 0.36 to 0.62. These results support the DASH questionnaire as a valid measure of health status useful in patients with a wide variety of upper-extremity complaints, not as valid for wrist injuries.

Manual: Excellent Adequate Poor

What is (are) the setting/s that you would anticipate using this assessment?

Community treatment, outpatient rehab, or short-term care. Any setting where it is necessary to check UE function.

Summary of strengths and weaknesses:

Weakness:

- Not very detailed
- Results could depend on who administers the test
- Results could vary on what the client wants you to know
- Only a questionnaire, can not view activities

Strength:

- Quick and easy to administer
- Easy to Score
- Gets you the results of the most important UE functions
- Measures pain also
- Client-Centered
- Reliable and Valid