

**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: Western Ontario Rotator Cuff (WORC) Index

Author: A. Kirkley, MD; S. Griffin, CSS; C. Alvarez, MD

Publisher: American Academy of Orthopaedic Surgeons

Time required to administer: Not found

Cost of the Test: Free. Authors routinely grant permission to reproduce the WORC Index.

II. Description of Test

Type/Purpose of Test: Self-report questionnaire designed to evaluate the impact on health of rotator cuff dysfunction. It contains 21 items across 5 domains (physical symptoms, sports/recreation, work, lifestyle, and emotions). Responses are recorded on a visual analog scale and range from no pain to extreme pain.

Population: Individuals with rotator cuff injuries or other pathological condition.

Focus of measurement:

Organic systems **Abilities** **Participation/life habits** **Environmental Factors**

III. Practical Administration

Ease of Administration: Easy

Clarity of Directions: Very clear.

Scoring Procedures: 1. Measure distance from left side of line and calculate score out of 100 (recorded to the nearest 0.5 mm). Write it into space provided.

2. You can calculate a total score for each domain or the total score for each domain can be summed for an aggregate score out of 2100.

3. Some prefer to report scores out of 100. The worst possible score is 2100. An aggregate score is subtracted from 2100 and divided by 21. Ex. A patient's total aggregate score is 1625. The percentage score would be $(2100-1625)/21 = 22.6\%$

Examiner Qualification & Training: None specified

IV. Technical Considerations

Standardization: **Norms** **Criterion Referenced** **Other** **Not standardized**

Reliability: Good. Cronbach alpha for total scale = .93

Validity: Factor analysis did not support 5 domain structure

Manual: (No published manual) **Excellent** **Adequate** **Poor**

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

Home health

Outpatient rehab

Work-related programs (i.e., vocational rehab)

Skilled nursing facility

Summary of strengths and weaknesses:

Weakness:

Statistical analysis suggests a shoulder-specific evaluation tool may not be necessary

Potentially time consuming to complete and score

Strength:

Comprehensive and may give information not available with other assessments

Clear instructions

Easy for respondents to complete

Sensitive to change