

DIDACT Range of Movement Assessment Guidance

Thank you for taking part in the 'DIDACT' study. The following information **should help you to record your shoulder movement assessment** in the accompanying questionnaire which we are asking you to complete about 12 months from when you joined the study.

You may find **having a family member or friend will help you to record your range of movement** as you go through the shoulder positions. If no one is available, then you may find **using a mirror can help**.

If you require further assistance in completing this assessment, then please email ytu-didact@york.ac.uk to arrange a video call and a member of the study team can support you with this.

For the purposes of the study, we are asking patients to show us **both** their left and right shoulder movements.

Each movement will have its own instructions, but **please only move the shoulder and arm as far as you feel comfortable**.

If you are **not able to complete a movement**, on either side, then **please record 'unable to measure' when asked to** in the accompanying questionnaire and continue to the next movement.

Once you have moved your arm in the described direction, you will then need to make a note of where on the scale the hand can reach. Each movement diagram will have a numbered scale (like a protractor) so you can use this as a guide.

Once you have the number, you will be asked to enter that number next to the movement it relates to on the accompanying questionnaire.

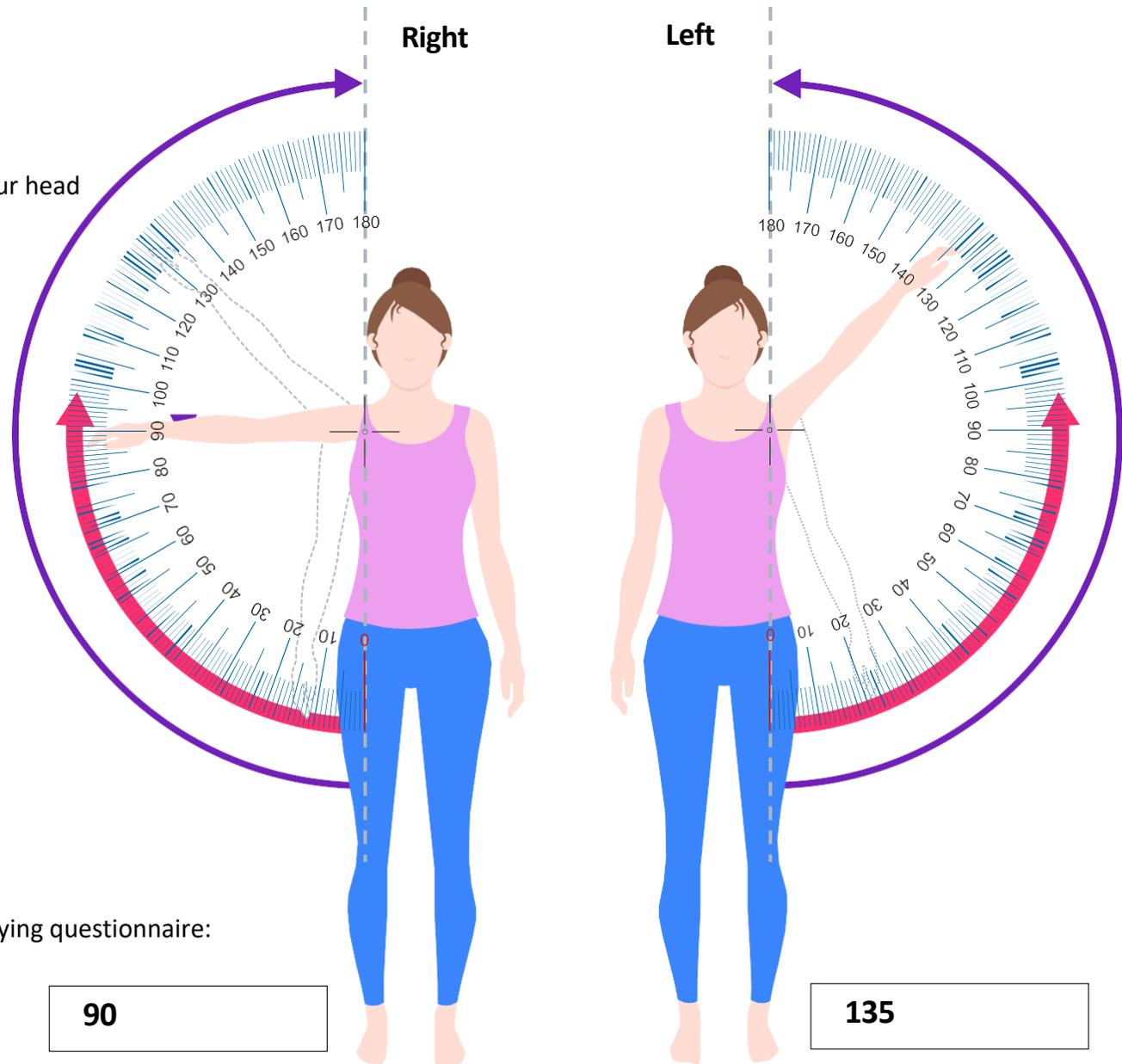
Thank you again for completing this movement information which will help researchers and clinicians better understand how patients recover from this type of clavicle (collarbone) injury.



Movement 1 - Sideways

1. Lift your arm outwards to the side, and above your head as far as you are comfortable.
2. Using the markings as a guide, note the number closest to where your hand can reach.

This is the number you will put into the data collection box on the questionnaire.



In this example you would record on the accompanying questionnaire:

90 for the right side and

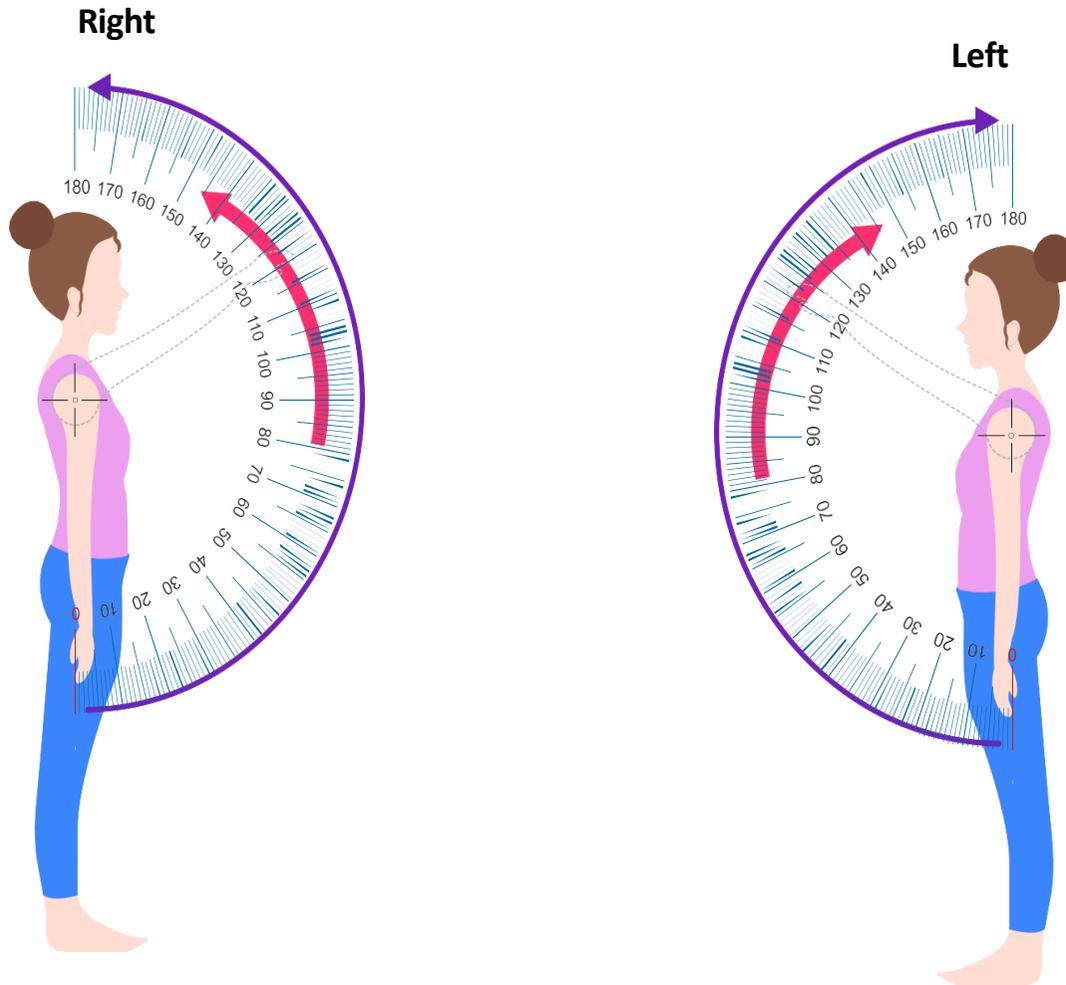
135 for the left side

90

135

Movement 2 - Forwards

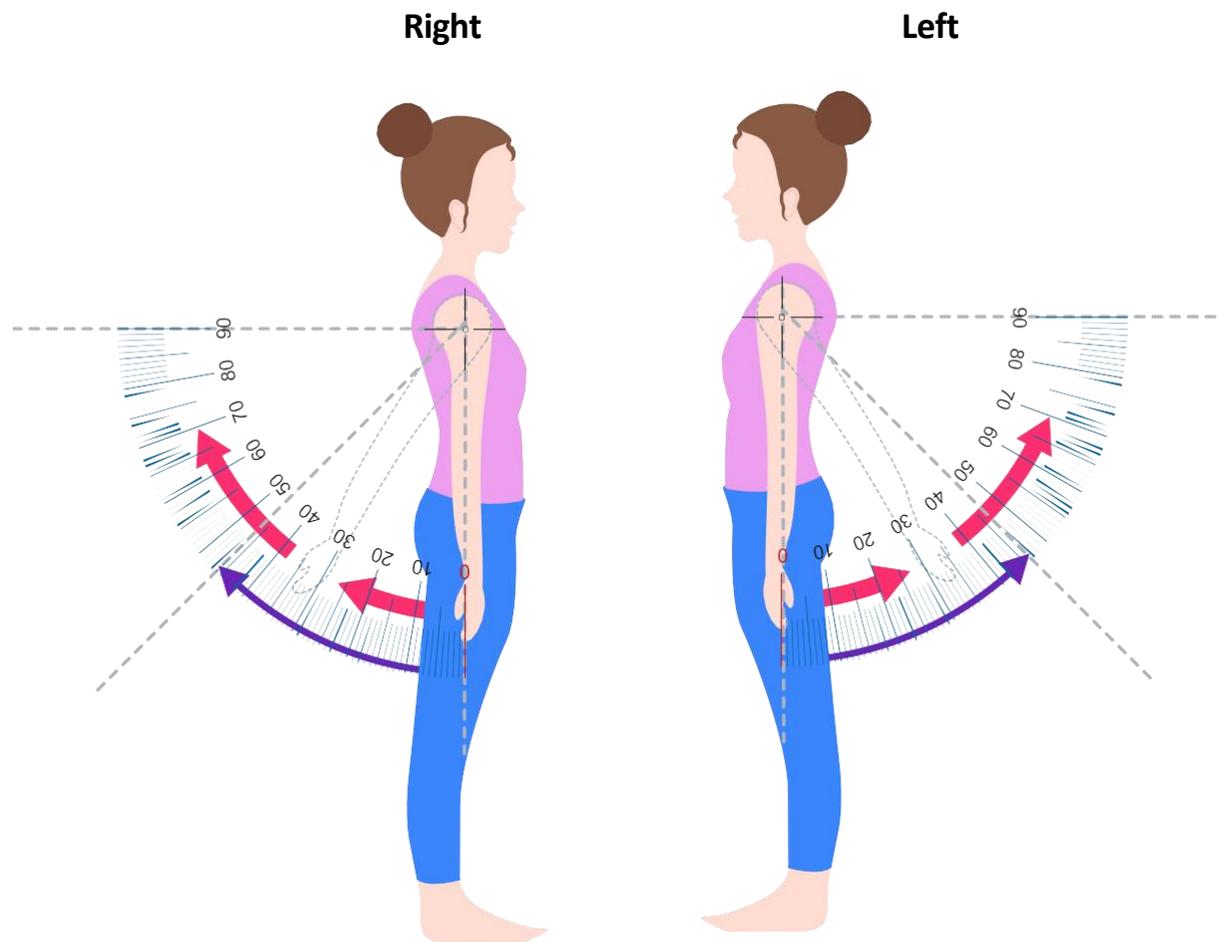
1. Lift your arm forwards and upwards towards your head as far as you are comfortable.
2. Using the markings as a guide, note the number closest to where your hand can reach. This is the number you will put into the data collection box on the questionnaire.



Movement 3 - Backwards

Keeping your arm straight, how far can you lift your arm back behind you?

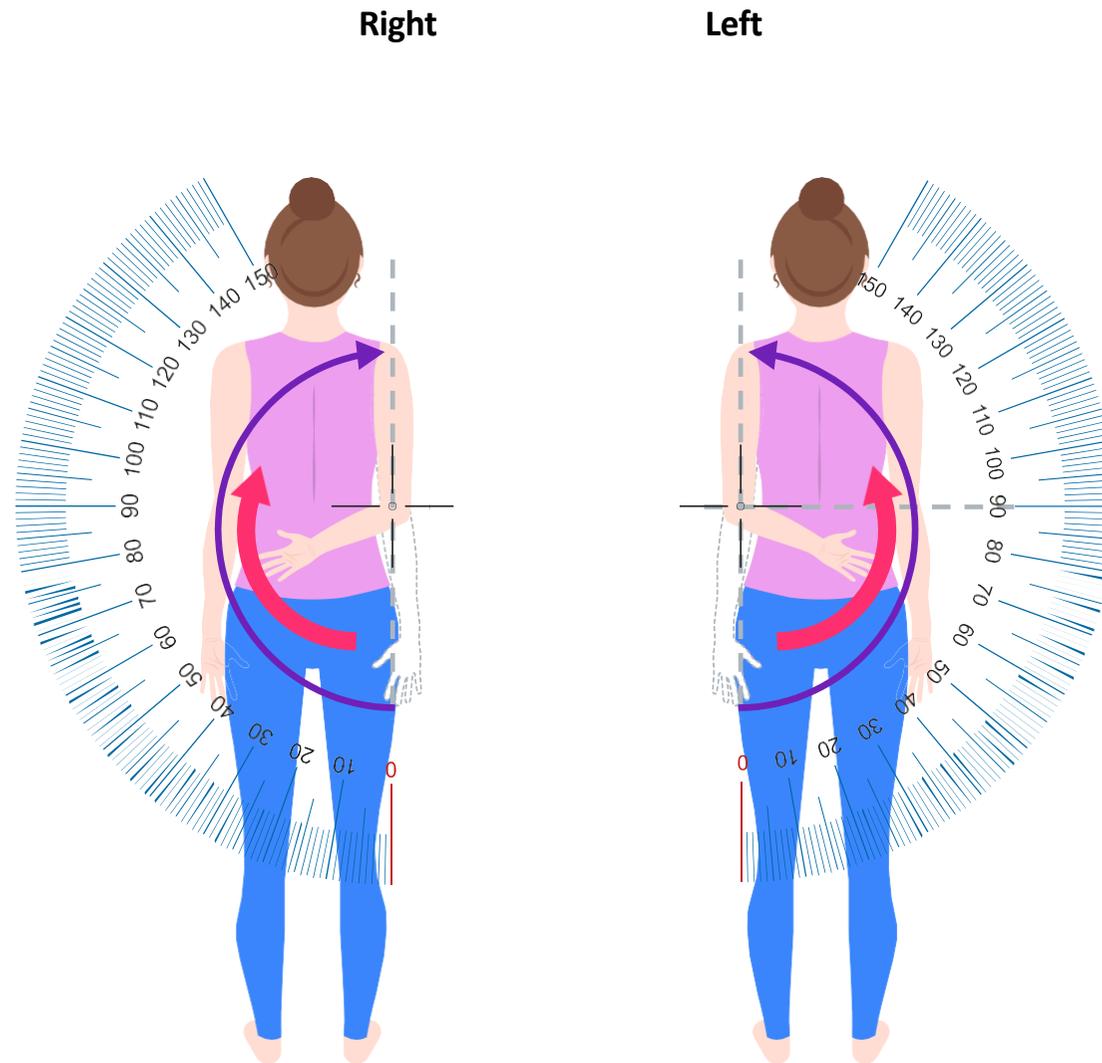
1. Using the markings as a guide, note the number closest to where your hand can reach. This is the number you will put into the data collection box on the questionnaire.



Movement 4 - Arm up back

How far can you put your hand behind your back?

1. Using the markings as a guide, note the number closest to where your hand can reach. This is the number you will put into the data collection box on the questionnaire.



Movement 5 - External rotation

Sitting down, keeping your elbow bent and in at your side, how far can you rotate your arm away from the body?

1. Using the markings as a guide, note the number closest to where your hand can reach. This is the number you will put into the data collection box on the questionnaire.

