

RAPSODI

# Strength Assessments

Essential tips to improve shoulder strength measurements

## 1. TIMING & STRUCTURE OF ASSESSMENTS

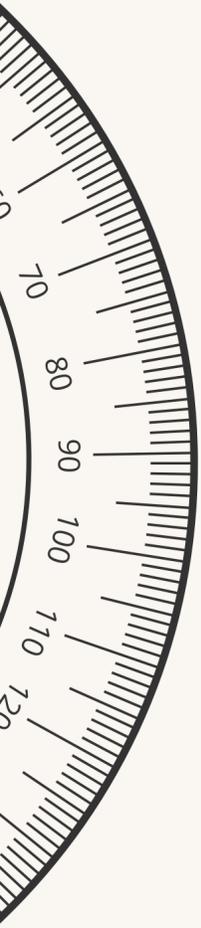


- Structure the assessment day to minimise participant fatigue and stress.
- Conduct strength assessments **before randomisation and not on the day of surgery where possible** to reduce patient anxiety and improve data collection.
- Complete questionnaires and other tasks first.
- Pre-surgery measurements can be a helpful distraction—patients often find them calming and welcome the task.

## 2. PATIENT ENGAGEMENT & MOTIVATION



- Many patients appreciate knowing their strength levels and tracking changes over time—highlight this benefit to encourage participation.
- Demonstrate the assessment before asking patients to try it.
- Use positive, encouraging language when requesting participation, e.g.,  
**"Would you be happy to give it a try?"**



### 3. EQUIPMENT & PRACTICAL CONSIDERATIONS

- Ensure **equipment is suitable** for different patient needs.
  - Be prepared to adjust the straps on spring balances for taller patients.
- Have an additional staff member assist if needed.
- Be **confident in undertaking the assessment**, please see our instructional video that provides guidance on this. [insert video link]
- Prepare equipment in advance and practice taking measurements to refresh skills and build confidence before the patient arrives.

### 4. LOGISTICAL IMPROVEMENTS

- Conduct assessments in a **separate room** away from pre-op areas where possible to:
  - Reduce distractions and patient anxiety.
  - Create a focused environment for accurate measurements.
- If a separate room is unavailable, consider a quiet corner to enhance patient comfort.

For any questions or additional support, please contact the trial team.

➤ [ytu-rapsodi@york.ac.uk](mailto:ytu-rapsodi@york.ac.uk)

Thank you for your efforts in improving RAPSODI data collection.

**Scan** to watch a strength assessment demo

