

Shoulder Instability-Return to Sport after Injury (SIRSI)-Scale

Please answer the following questions referring to your main sport prior to injury. For each question tick a box between the two descriptions to indicate how you are feeling right now relative to the two extremes.

1. Are you confident that you can perform at your previous level of sport participation?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

not at all confident fully confident

2. Do you think you are likely to re-injure your shoulder by participating in your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

extremely likely not likely at all

3. Are you nervous about playing your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

extremely nervous not nervous at all

4. Are you confident that your shoulder will be stable during playing your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

not at all confident fully confident

5. Are you confident that you could play your sport without concern your shoulder?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

not at all confident fully confident

6. Do you find it frustrating to have to consider your shoulder with respect to your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

extremely frustrating not at all frustrating

7. Are you fearful of re-injuring your shoulder by playing your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

extremely fearful no fear at all

8. Are you confident about your shoulder holding up under pressure?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

not at all confident fully confident

Shoulder Instability-Return to Sport after Injury (SIRSI)-Scale *Continuation*

9. Are you afraid of accidentally injuring your shoulder by playing your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

extremely afraid

not at all afraid

10. Do thoughts of having to go through surgery and rehabilitation again prevent you from playing your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

all of the time

none of the time

11. Are you confident about your ability to perform well at your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

not at all confident

fully confident

12. Do you feel relaxed about playing your sport?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 5 10

not at all relaxed

fully relaxed

SIRSI-Score (%):