### 10. Musculoskeletal Function

#### 10.1. Have you noticed any significant change in your posture, increased curvature of the spine and/or difficulty in maintaining an upright seating position (e.g. leaning to one side, hooking over backrest or slumping forward)?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

Details: ____________________________________________________________

#### 10.2 Do you suffer from pain in the upper limbs with activities?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

If yes, how often?  
- [ ] Never  
- [ ] Sometimes  
- [ ] Often  
- [ ] Always

Is the pain present at rest (e.g. lying in bed)?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

Where do you get the most pain?

- [ ] Shoulders: left or right  
- [ ] Elbows: left or right  
- [ ] Wrists: left or right  
- [ ] Hands: Left or Right  
- [ ] Other: ________________________________

Details: ____________________________________________________________

#### 10.3 What activities aggravate the pain?

- [ ] Pushing wheelchair  
- [ ] Dressing/other ADL  
- [ ] Sports/Recreation  
- [ ] Transfers  
- [ ] Computers/Work  
- [ ] Driving  
- [ ] Lifting for pressure relief  
- [ ] Standing/walking with aids  
- [ ] Other: ________________________________

Details: ____________________________________________________________

#### 10.4 Do you stop activity when the pain develops?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

#### 10.5 Did you suffer any injury and/or have any pain in the upper limbs prior to the spinal cord injury?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

If Yes, details: ____________________________________________________________

#### 10.6 Have you had any fractures (broken bones) from falling from standing height or from low impact accidents?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

If Yes, when and which bone was broken: ________________________________

Does the person need:

- [ ] Osteoporosis work up  
- [ ] DEXA scan/Calcaneal ultrasound  
- [ ] Referral to endocrinologist  
- [ ] Treatment for osteoporosis