

Naam:

Geb. Datum:

**ROWE  
GRADING SYSTEM**

**DATUM**

**12-2-2005** \_\_\_\_\_

**FUNCTION**

- No limitation in sports or work; able to throw baseball and football; can swim crawl-stroke	50		
- No limitation in work; slight limitation in throwing baseball, serving forcefully in tennis, or swimming crawl-stroke; can throw football normally	35	_____	_____
- Moderate limitation in overhead work, throwing baseball and football, swimming crawl-stroke, or serving in tennis	20		
- Marked limitation in throwing in all sports; unable to work with arm overhead	0		

**PAIN**

- None	10		
- Moderate	5	_____	_____
- Severe	0		

**STABILITY**

Negative apprehension test, no subluxation	30		
Negative apprehension test, but discomfort with arm in position of abduction and external rotation	15	_____	_____
Positive apprehension test and sense of subluxation	0		

**MOTION**

Full range of motion	10		
As much as 25 % loss of motion in any plane	5	_____	_____
More than 25 % loss of motion in any plane	0		

**TOTAALSCORE**

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**ROWE – SCORE**

Excellent	90 – 100 points
Good	70 – 89 points
Fair	40 – 69 points
Poor	30 or fewer points