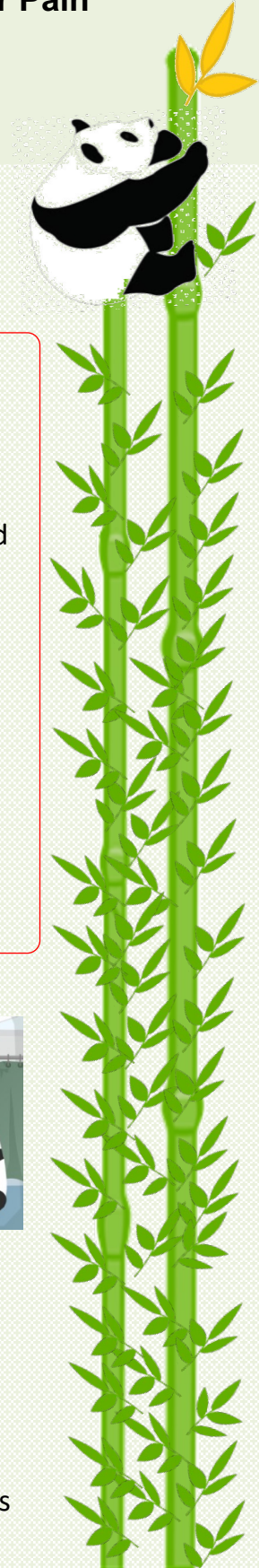


Prognostic AND Diagnostic Assessment of Shoulder Pain



The PANDA-S Study



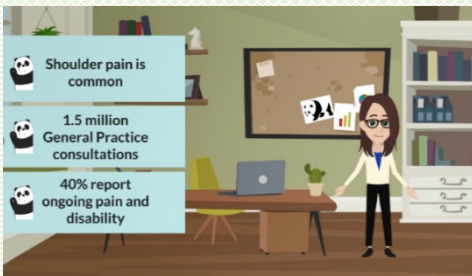
THANK YOU

to the **492** people who signed up to the study

What is the PANDA-S study?

Many people with shoulder pain will recover within a few months, but in others the pain may last much longer.

The PANDA-S study follows people over time (up to 3 years) to understand why pain can be long-lasting, who suffers most from the impact of their shoulder problem, and what type of treatment might help best.



Everything you tell us about your shoulder – even if your shoulder is better – is important and valuable, so please keep returning your PANDA-S Questionnaires

Optional stages

160 people attended the research clinics.
141 told us about their pain and function using the App and **53** using text messages.
24 people spoke to a member of the research team about their experience of shoulder pain.



Keeping in touch

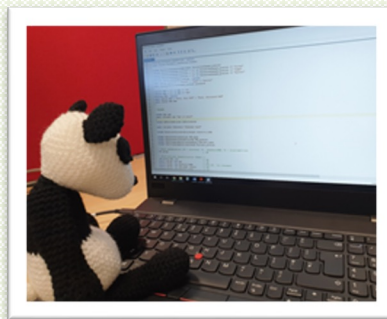
Thank you for your help so far with the PANDA-S study. Please help us to have the best possible information by completing the questionnaire we send you at 3, 6, 12, 24 and 36 months - even if your shoulder is better or you feel no change.



Prognostic AND Diagnostic Assessment of Shoulder Pain

What happens to the information you provide us with?

Questionnaires are scanned into the database. What participants have told us in the questionnaires is explored for patterns and trends



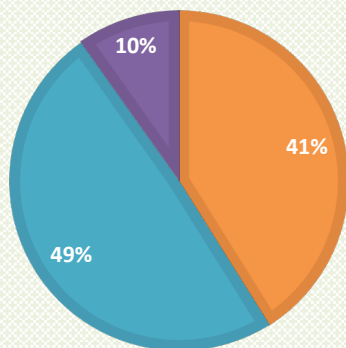
What have you found so far?

You have provided lots of useful information so far: here are just a few key facts and figures

- 62% of participants are female
- Shoulder problems started suddenly in half of participants. At the time of completing the first questionnaire, participants report an average pain score of 60 out of 100
- 52% are employed and 29% are retired
- 15% of people with paid work have taken time off work because of their shoulder pain

Shoulder affected

■ Left ■ Right ■ Both



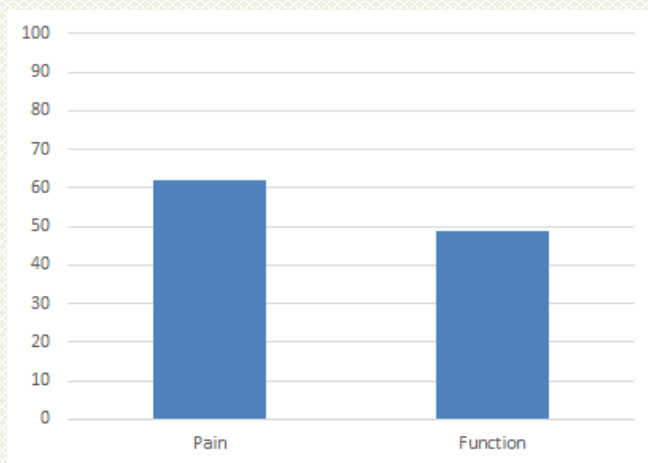
Want to know more?

Call: Zoe Johnson or Helen Myers
on 01782 732950

Follow us on Twitter: @keele_ctu

Worse
pain / function*

Shoulder pain and function*



*function is difficulty with everyday activities, like putting on a jumper

Study Website:

<https://www.keele.ac.uk/panda-s/>

The PANDA-S Protocol paper has been published:

<http://bmjopen.bmj.com/cgi/content/full/bmjopen-2021-052758>