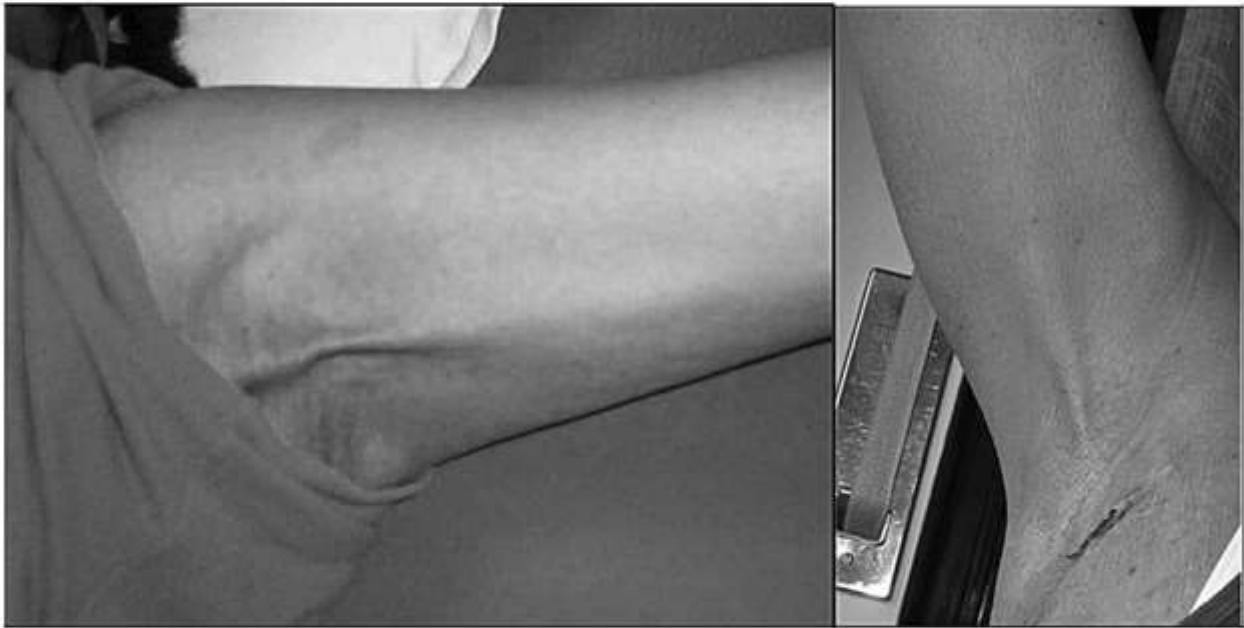
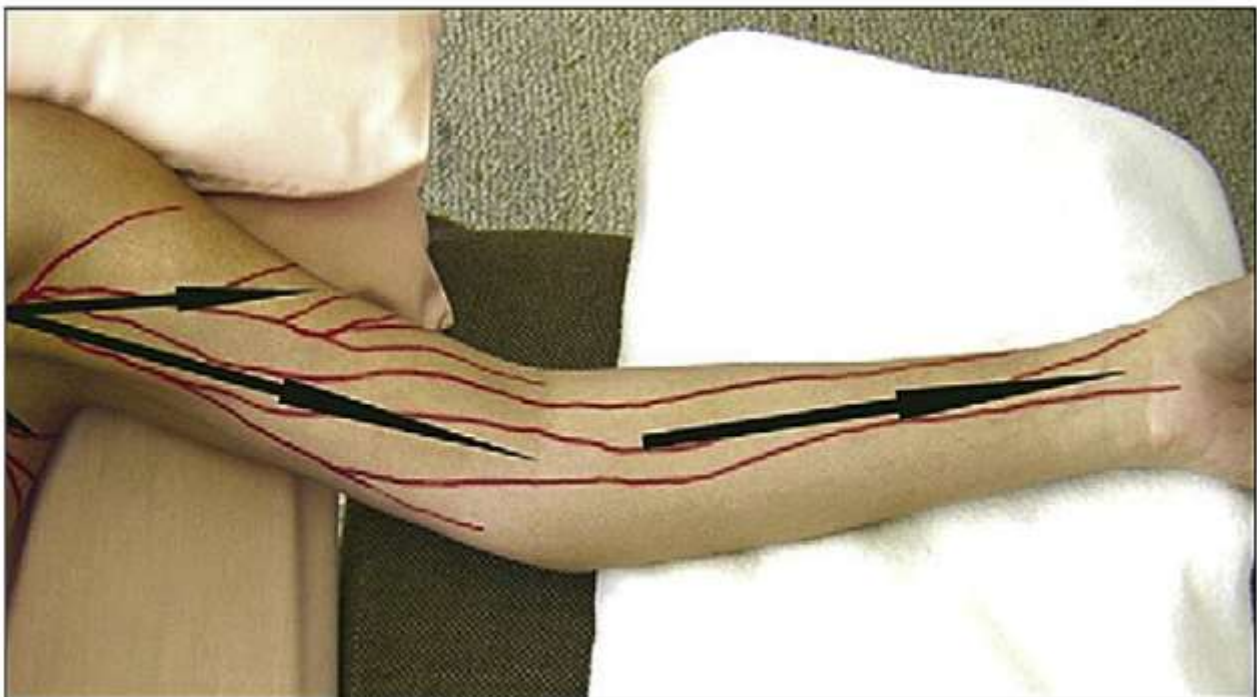


# ST-AWS QUESTIONNAIRE

This questionnaire was designed to help patients find out whether they have **Axillary Web Syndrome (AWS)**, by conducting their own a self-assessment, in the two-month period following surgery.



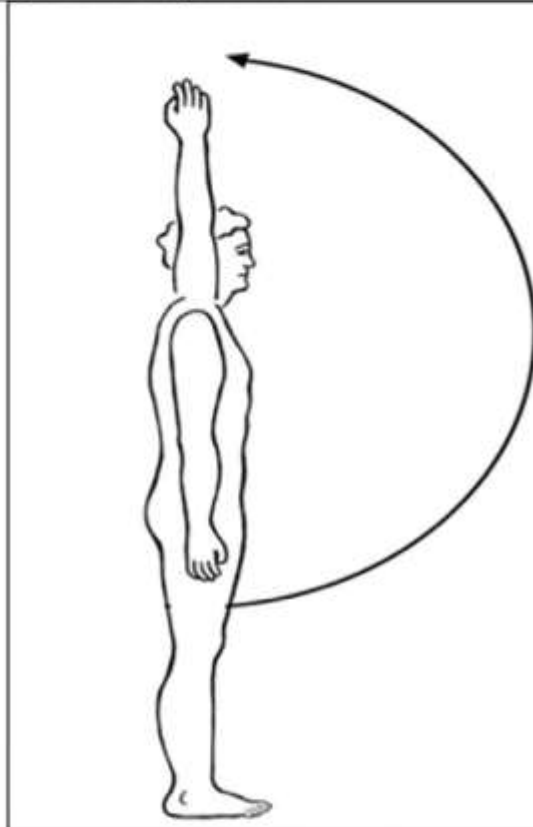
The photograph shows the area of greater AWS incidence. In this area a tense **cord** can be felt.



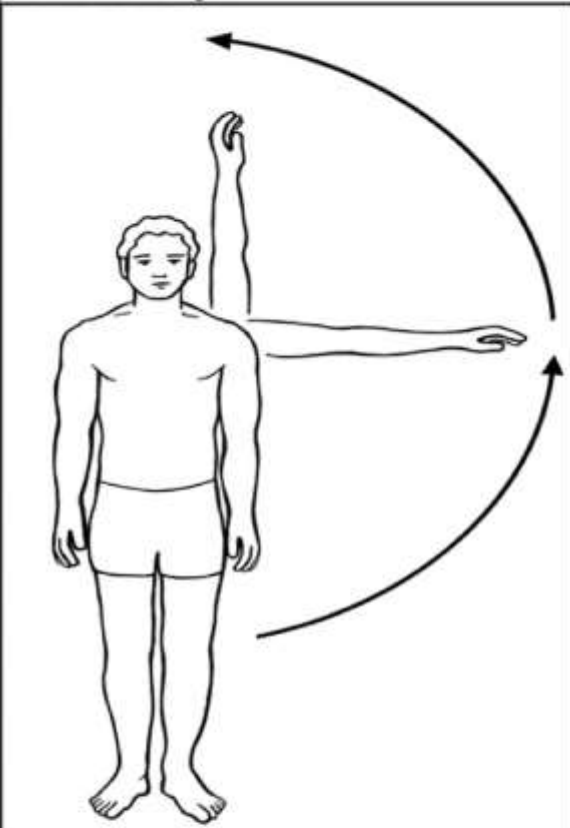
## Initial step

Stand in front of a mirror and try the following movements:

- **Raise your arm high with the elbow extended as though you wanted to grab an object above your head.**



- **Raise your arm high, sideways (laterally), with the elbow extended, away from the body.**



### 1-How does your arm move?

Do you find it difficult to do either or both of the above movements?

Y ☐

N ☐

[1]

[0]

### 2- Look closely at your arm

When you carry out one or both of the above movements in front of the mirror, do you see a cord?

Y ☐

N ☐

[1]

[0]

If so, where?

Axillary area

☐

Inner part of the arm

☐

Forearm

☐

Elbow fold

☐

Wrist

☐

**3- Touch your arm**

When you carry out one or both of the above movements or when you extend your elbow, do you feel a cord?

Y ☐N ☐

[1]

[0]

If so, where?

Axillary area

☐

Inner part of the arm

☐

Forearm

☐

Elbow fold

☐

Wrist

☐**4-Feeling of tension**

When you carry out one or both of the above movements or when you extend your elbow, do you notice a "cord" that causes a feeling of tension?

Y ☐N ☐

[1]

[0]

If so, where?

Axillary area

☐

Inner part of the arm

☐

Forearm

☐

Elbow fold

☐

Wrist

☐**5 - Feeling of swelling**

Do you feel swelling of the arm or in the underarm region?

Y ☐N ☐

[0]

[1]

SCORE: \_\_/5

**If the questionnaire score is 3 or higher, AWS is to be suspected.**

**Call the physiotherapist for a closer look and possible treatment.**

**AWS is a spontaneously regressing syndrome, but restricts freedom of movement. If diagnosed early:**

- **A therapist can be consulted right from its very onset**
- **It can be resolved quickly and efficiently**
- **Symptoms and complications can be markedly reduced.**