

Simple Shoulder Test

Dominant Hand (fill in only one oval): Right Left Ambidextrous

Shoulder Evaluated (fill in only one oval): Right Left

- | | Yes | No |
|--|-----------------------|-----------------------|
| 1. Is your shoulder comfortable with your arm at rest by your side? | <input type="radio"/> | <input type="radio"/> |
| 2. Does your shoulder allow you to sleep comfortably? | <input type="radio"/> | <input type="radio"/> |
| 3. Can you reach the small of your back to tuck in your shirt with your hand? | <input type="radio"/> | <input type="radio"/> |
| 4. Can you place your hand behind your head with the elbow straight out to the side? | <input type="radio"/> | <input type="radio"/> |
| 5. Can you place a coin on a shelf at the level of your shoulder without bending your elbow? | <input type="radio"/> | <input type="radio"/> |
| 6. Can you lift one pound (a full pint container) to the level of your shoulder without bending your elbow? | <input type="radio"/> | <input type="radio"/> |
| 7. Can you lift eight pounds (a full gallon container) to the level of your shoulder without bending your elbow? | <input type="radio"/> | <input type="radio"/> |
| 8. Can you carry twenty pounds at your side with the affected extremity? | <input type="radio"/> | <input type="radio"/> |
| 9. Do you think you can toss a softball under-hand twenty yards with the affected extremity? | <input type="radio"/> | <input type="radio"/> |
| 10. Do you think you can toss a softball over-hand twenty yards with the affected extremity? | <input type="radio"/> | <input type="radio"/> |
| 11. Can you wash the back of your opposite shoulder with the affected extremity? | <input type="radio"/> | <input type="radio"/> |
| 12. Would your shoulder allow you to work full-time at your regular job? | <input type="radio"/> | <input type="radio"/> |

Office Use Only	DJD	SDJD	RA	FS	PTSS	AVN	CA	CTA	SA	PTCL	RCT	TUB S	AMBRI I
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>