



### SIMPLE SHOULDER TEST

Which is your dominant hand?      Right      Left      Ambidextrous

Which shoulder has been injured?      Right      Left

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

### ASES ACTIVITY QUESTIONNAIRE

Circle the number in the box that indicates your ability to do the following activities:

0 = **UNABLE** to do, 1 = **VERY** difficult to do, 2 = **SOMEWHAT** difficult, 3 = **NOT** difficult

Activity	Right Arm	Left Arm
1. Put on a coat	0 1 2 3	0 1 2 3
2. Sleep on your painful or affected side	0 1 2 3	0 1 2 3
3. Wash back/ fasten a bra in the back	0 1 2 3	0 1 2 3
4. Manage toileting	0 1 2 3	0 1 2 3
5. Comb hair	0 1 2 3	0 1 2 3
6. Reach a high shelf	0 1 2 3	0 1 2 3
7. Lift 10 pounds above shoulder	0 1 2 3	0 1 2 3
8. Throw a ball overhand	0 1 2 3	0 1 2 3
9. Do usual work	0 1 2 3	0 1 2 3
10. Do usual sport	0 1 2 3	0 1 2 3