SIMPLE SHOULDER TEST: (Circle: Left Shoulder/Right Shoulder) (If this involves both shoulders, then please print two forms out and answer separately)

Circle the best description of your shoulder function:

01) Is your shoulder comfortable with your arm at rest by your side?
   a. Yes
   b. No
   c. Don’t Know

02) Does your shoulder allow you to sleep comfortably?
   a. Yes
   b. No
   c. Don’t Know

03) Can you reach the small of your back to tuck in your shirt with your hand?
   a. Yes
   b. No
   c. Don’t Know

04) Can you place your hand behind your head with the elbow straight out to the side?
   a. Yes
   b. No
   c. Don’t Know

05) Can you place a coin on the shelf at the level of your shoulder without bending your elbow?
   a. Yes
   b. No
   c. Don’t Know

Simple Shoulder Test
06) Can you lift 1 pound (a full pint container) to the level of your shoulder without bending your elbow?
   a. Yes
   b. No
   c. Don’t Know

07) Can you lift 8 pounds (a full gallon container) to the level of your shoulder without bending your elbow?
   a. Yes
   b. No
   c. Don’t Know

08) Can you carry 20 pounds (a bag of potatoes) at your side with the affected extremity?
   a. Yes
   b. No
   c. Don’t Know

09) Do you think you can toss a softball underhand 10 yards with the affected extremity?
   a. Yes
   b. No
   c. Don’t Know

10) Do you think you can throw a softball overhand 20 yards with the affected extremity?
    a. Yes
    b. No
    c. Don’t Know

11) Can you wash the back of your opposite shoulder with the affected extremity?
    a. Yes
    b. No
    c. Don’t Know

12) Would your shoulder allow you to work full-time at your regular job?
    a. Yes
    b. No
    c. Don’t Know