



**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

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