

}

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?	=	=
2. Does your shoulder allow you to sleep comfortably?	=	=
3. Can you reach the small of your back to tuck in your shirt with your hand?	=	=
4. Can you place your hand behind your head with the elbow straight out to the side?	=	=
5. Can you place a coin on a shelf at the level of your shoulder without bending your elbow?	=	=
6. Can you lift one pound (a full pint container) to the level of your shoulder without bending your elbow?	=	=
7. Can you lift eight pounds (a full gallon container) to the level of your shoulder without bending your elbow?	=	=
8. Can you carry twenty pounds at your side with the affected extremity?	=	=
9. Do you think you can toss a softball under-hand twenty yards with the affected extremity?	=	=
10. Do you think you can toss a softball over-hand twenty yards with the affected extremity?	=	=
11. Can you wash the back of your opposite shoulder with the affected extremity?	=	=
12. Would your shoulder allow you to work full-time at your regular job?	=	=

Office Use Only	DJD	SDJD	RA	FS	PTSSAVN	CA	CTA	SA	PTCL	RCT	TUB	AMBRI
	=	=	=	=	=	=	=	=	=	=	S	I
											=	=

]