

Simple Shoulder Test

Patient Name: _____

Date: _____

Please answer these questions about your shoulder

- | | | |
|---|-----|----|
| 1. Is your shoulder comfortable with your arm at rest by your side? | Yes | No |
| 2. Does your shoulder allow you to sleep comfortably? | Yes | No |
| 3. Can you reach the small of your back to tuck in your shirt with your hand? | Yes | No |
| 4. Can you place your hand behind your head with the elbow straight out to the side? | Yes | No |
| 5. Can you place a coin on a shelf at the level of your shoulder without bending your elbow? | Yes | No |
| 6. Can you lift one pound (a full pint container) to the level of your shoulder without bending your elbow? | Yes | No |
| 7. Can you lift eight pounds (a full gallon container) to the level of the top of your head without bending your elbow? | Yes | No |
| 8. Can you carry 20 pounds (a bag of potatoes) at your side with the affected extremity (shoulder/arm)? | Yes | No |
| 9. Do you think you can toss a softball underhand ten yards with the affected extremity (shoulder/arm)? | Yes | No |
| 10. Do you think you can throw a softball overhand 20 yards with the affected extremity (shoulder/arm)? | Yes | No |
| 11. Can you wash the back of your opposite shoulder with the affected extremity (shoulder/arm)? | Yes | No |
| 12. Would your shoulder allow you to work full time at your regular job? | Yes | No |

Score: _____

Signature: _____