



SIMPLE SHOULDER TEST

Name: _____ Chart# _____

Involved Shoulder (Circle): Right Left

Please answer each of the questions below about your shoulder by circling "yes" or "no" beside each one. Thank you.

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|---|-----|----|
| 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? | Yes | No |
| 9. Do you think you can toss a softball under-hand ten yards with the affected extremity? | Yes | No |
| 10. Do you think you can throw a softball over-hand twenty yards with the affected extremity? | Yes | No |
| 11. Can you wash the back of your opposite shoulder with the affected extremity? | Yes | No |
| 12. Would your shoulder allow you to work full-time at your regular job? | Yes | No |

Please also answer these questions (Constant/Murley Score) regarding your shoulder:

How significant is the worst pain in your shoulder during normal daily activities (circle one)?

0	1	2	3	4	5	6	7	8	9	10
None			Mild			Moderate				Severe

On a scale of 0 to 4 (0=not at all; 4=completely) how much does your shoulder allow you to:

- | | | | | | |
|---|---|---|---|---|---|
| Work Regular Job: | 0 | 1 | 2 | 3 | 4 |
| Participate in Recreational Activities: | 0 | 1 | 2 | 3 | 4 |
| Sleep: | 0 | 1 | 2 | 3 | 4 |

At what level does your shoulder allow you to work (circle highest level)?

Waist	Chest	Neck	Head	Over Head
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