NAME: _____

DOB: _____

Simple Shoulder Test

Dominant Hand (check only one): Right ☐ Left ☐ Ambidextrous ☐

Shoulder Evaluated (check only one): 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 you back to tuck in your shirt with your hand?	☐	☐
4. Can you place your hand behind you head with the elbow straight out to the side?	☐	☐
5. Can your 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 you 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 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	PTSS	AVN	CA	CTA	SA	PTCL	RCT	TUBS	AM
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐