NAME\_

## Simple Shoulder Test

D	Dominant Hand (fill in only one oval): Right $\bigcirc$ Left $\bigcirc$				Ambidextrous 🗢	
Shou	lder Evaluated (fill in only one oval):	Right 🔿	Left	0		
					Yes	No
1.	Is your shoulder comfortable with your arm at rest by your side?				0	0
2.	Does your shoulder allow you to sleep comfortably?				0	0
3.	Can you reach the small of your back to tuck in your shirt with your hand?					0
4.	Can you place your hand behind your head with the elbow straight out to the side?					0
5.	Can you place a coin on a shelf at the level of your shoulder without bending your elbow?				0	0
6.	Can you lift one pound (a full pint cont shoulder without bending your elbow?	/	e level of yo	ur	0	0
7.	Can you lift eight pounds (a full gallon shoulder without bending your elbow?		to the level	of your	0	0
8.	Can you carry twenty pounds at your s	ide with the	affected ext	tremity?	0	0
9.	Do you think you can toss a softball un affected extremity?	nder-hand tw	enty yards	with the	0	0
10.	Do you think you can toss a softball over-hand twenty yards with the affected extremity?					0
11.	Can you wash the back of your opposite shoulder with the affected extremity?				0	0
12.	Would your shoulder allow you to wor	k full-time a	it your regu	lar job?	0	0
Offi	ce Use Only DJD SDJD RA FS F	PTSS AVN	CA CTA	SA PTC	CL RCT	TUB AMBRI S I
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**EMORY** 

CLINIC Physical Therapy

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