

NAME _____

DATE _____

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?	☐	☐

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	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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