

Name	WEOC PT #	Date
Age	Hand Dominance: R L Ambi	Sex: M F
Date of Injury	Painful Side: R L	Initial Assess: Y N
		Follow-up: M Y

SHOULDER ASSESSMENT FORM
AMERICAN SHOULDER AND ELBOW SURGEONS

PATIENT SELF-EVALUATION

Are you having pain in your shoulder (circle correct answer)	Yes	No
Mark where your pain is		
Do you have pain in your shoulder at night?	Yes	No
Do you take pain medication (<i>aspirin, Advil, Tylenol, etc.</i>)?	Yes	No
Do you take narcotic pain medication (<i>codeine or stronger</i>)?	Yes	No
How many pills do you take each day (<i>average</i>)?	Pills	
How bad is your pain today (<i>mark line</i>)?	<p>0 ----- 10</p> <p><i>No pain at all</i> <i>Pain as bad as it can be</i></p>	

Does your shoulder feel unstable (<i>as if it is going to dislocate</i>)?	Yes	No
How unstable is your shoulder (<i>mark line</i>)?	<p>0 ----- 10</p> <p><i>Very stable</i> <i>Very unstable</i></p>	

Circle the number in the box that indicates your ability to do the following activities:
0 = **Unable** to do; 1 = **Very** difficult to do; 2 = **Somewhat** difficult; 3 = **Not** difficult

ACTIVITY	RIGHT ARM	LEFT ARM
1. Put on a coat	0 1 2 3	0 1 2 3
2. Sleep on your painful or affected side	0 1 2 3	0 1 2 3
3. Wash back / do up bra in back	0 1 2 3	0 1 2 3
4. Manage toileting	0 1 2 3	0 1 2 3
5. Comb hair	0 1 2 3	0 1 2 3
6. Reach a high shelf	0 1 2 3	0 1 2 3
7. Lift 10 lbs. above shoulder	0 1 2 3	0 1 2 3
8. Throw a ball overhand	0 1 2 3	0 1 2 3
9. Do usual work - List:	0 1 2 3	0 1 2 3
10. Do usual sport - List:	0 1 2 3	0 1 2 3

PATIENT SELF-EVALUATION				
RANGE OF MOTION Total shoulder motion, Goniometer preferred	RIGHT		LEFT	
	Active	Passive	Active	Passive
Forward elevation (<i>Maximum arm-trunk angle</i>)				
External rotation (<i>Arm comfortable at side</i>)				
External rotation (<i>Arm at 90° abduction</i>)				
Internal rotation (<i>Highest posterior anatomy reached with thumb</i>)				
Cross-body adduction (<i>Antecubital fosse to opposite acromion</i>)				

SIGNS 0 = none; 1 = mild; 2 = moderate; 3 = severe				
SIGN	RIGHT ARM		LEFT ARM	
Supraspinatus / greater tuberosity tenderness	0	1	2	3
AC joint tenderness	0	1	2	3
Biceps tendon tenderness (<i>or rupture</i>)	0	1	2	3
Other Tenderness - List:	0	1	2	3
Supraspinatus / greater tuberosity tenderness	0	1	2	3
Impingement I (<i>Passive forward elevation in slight internal rotation</i>)	Y	N	Y	N
Impingement II (<i>Passive internal rotation with 90° flexion</i>)	Y	N	Y	N
Impingement III (<i>90° active abduction - classic painful arc</i>)	Y	N	Y	N
Subacromial crepitus	Y	N	Y	N
Scars - location	Y	N	Y	N
Atrophy - location:	Y	N	Y	N
Deformity: describe	Y	N	Y	N

STRENGTH (record MRC grade) 0 = no contraction; 1 = flicker; 2 = movement with gravity eliminated; 3 = movement against gravity; 4 = movement against some resistance; 5 = normal power				
	RIGHT ARM		LEFT ARM	
Testing affected by pain?	Y	N	Y	N
Forward elevation	Y	N	Y	N
Abduction	Y	N	Y	N
External rotation (<i>Arm comfortably at side</i>)	Y	N	Y	N
Internal rotation (<i>Arm comfortably at side</i>)	Y	N	Y	N

INSTABILITY 0 = none; 1 = mild (0-1 cm translation); 2 = moderate (1-2 cm translation or translates to glenoid rim); 3 = severe (>2 cm translation or over rim of glenoid)				
	RIGHT ARM		LEFT ARM	
Anterior translation	0	1	2	3
Posterior translation	0	1	2	3
Inferior translation (sulcus sign)	0	1	2	3
Anterior apprehension	0	1	2	3
Reproduces symptoms?	Y	N	Y	N
Voluntary instability?	Y	N	Y	N
Relocation test positive?	Y	N	Y	N
Generalized ligamentous laxity?	Y		N	
Other physical findings:				
Examiner's name				Date