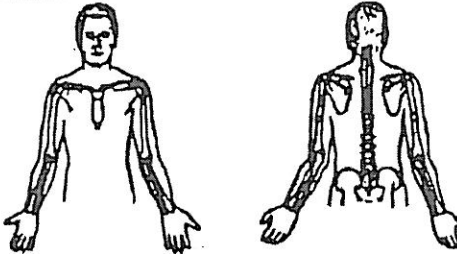


Shoulder Assessment Form

SHOULDER ASSESSMENT FORM AMERICAN SHOULDER AND ELBOW SURGEONS			
Name:		Date:	
Age:	Hand Dominance: R L Ambi	Sex: M F	
Diagnosis:		Initial Assess? Y N	
Procedure/Date:		Follow-up: M Y	

PATIENT SELF-EVALUATION

Are you having pain in your shoulder (<i>circle correct answer</i>)	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>)?		
0 10 <i>No pain at all</i> <i>Pain as bad as it can be</i>		

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>)?		
0 10 <i>Very stable</i> <i>Very unstable</i>		

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

PHYSICIAN ASSESSMENT				
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	0	1 2 3
AC joint tenderness	0	1 2 3	0	1 2 3
Biceps tendon tenderness (<i>or rupture</i>)	0	1 2 3	0	1 2 3
Other Tenderness - List:	0	1 2 3	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	0	1	2	3
Posterior translation	0	1	2	3	0	1	2	3
Inferior translation (sulcus sign)	0	1	2	3	0	1	2	3
Anterior apprehension	0	1	2	3	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			