

Demographic Questions (please circle one answer):

1) Have you previously had surgery on your shoulder? Yes No

2) Are you here for a postoperative visit? Yes No

If you are here for a postoperative visit, how satisfied are you with your surgery?

- A) Dissatisfied B) Fairly Satisfied
C) Satisfied D) Very Satisfied

3) How satisfied are you with your shoulder's range of motion?

- A) Dissatisfied B) Fairly Satisfied
C) Satisfied D) Very Satisfied

4) Is your injury covered by worker's compensation? Yes No

5) What is your highest level of education?

- A) Elementary B) High school C) Associate degree
E) College E) Masters D) Doctorate

Shoulder ROM Questions:

For each question fill out the letter that correlates with your shoulder range of motion. Please perform all exam maneuvers in front of mirror for assistance and mark your shoulder range of motion for both shoulders.

6) How high can you raise your arm out to the side without assistance (without shrugging your shoulder)? Please indicate the letter that best represents each shoulder's motion.

Left shoulder: _____

Right shoulder: _____

A



B



C



D



0 deg

30 deg

45 deg

60 deg



E
90 deg

F
115 deg

G
145 deg

H
180 deg

7) How high can you raise your arm out in front of you without assistance? Please indicate the letter that best represents each shoulder's motion.

Left Shoulder _____

Right Shoulder _____

A



0 deg

B



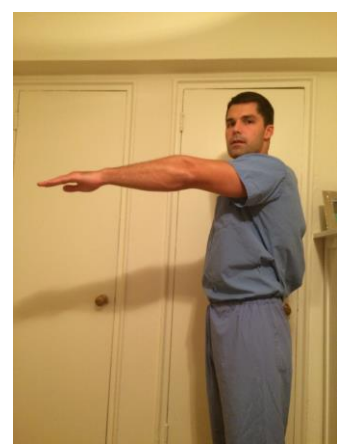
45 deg

C



60 deg

D

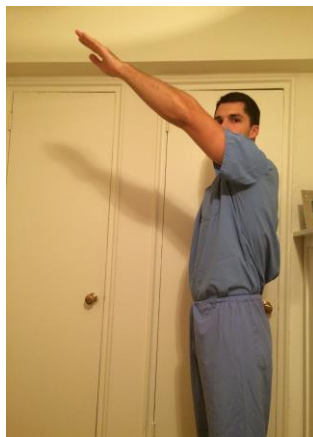


90 deg



E

115 deg



F

145 deg



G

180 deg

8) How much can you rotate your arm with your shoulder extended out and your back against the wall? Please indicate the letter that best represents each shoulder's motion.

Left Shoulder: _____

Right Shoulder: _____

Directions: i. Stand up straight with your back against the wall ii. Keep your elbow against the wall at shoulder height and rotate your arm towards the wall.

A



-30 deg

B



-15 deg

C

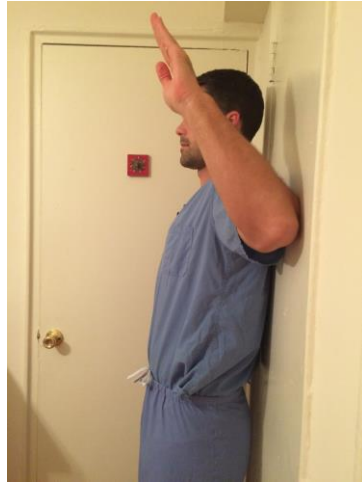


0 deg

D



30 deg



E
45 deg

F
60 deg

G
90 deg

9) How much can you rotate your arm with your shoulder at its side and your back against the wall? Please indicate the letter that best represents each shoulder's motion.

Left Shoulder: _____

Right Shoulder: _____

Directions: i. Stand up straight with your back against the wall ii. Keep your elbow against the wall at your side and rotate your arm towards the wall.

A



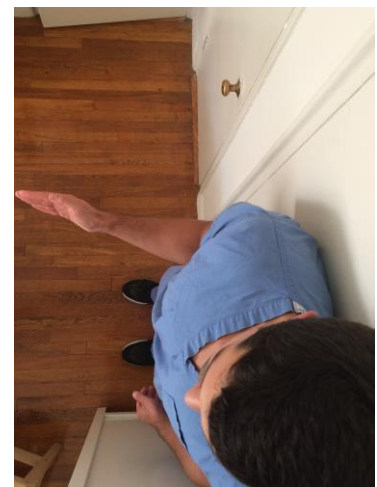
-25 deg

B



0 deg

C



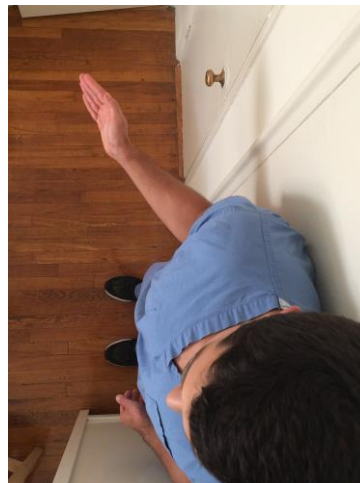
15 deg

D



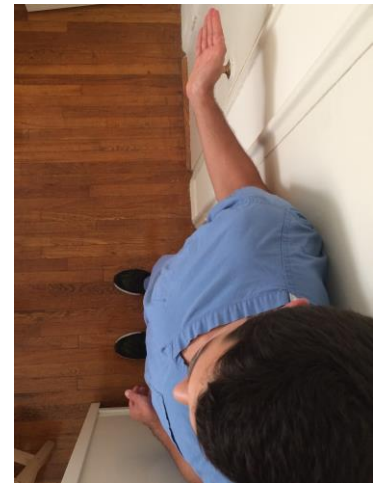
30 deg

E



45 deg

F



70 deg

10) How far behind your back can you reach? Please indicate the letter that best represents each shoulder's motion.

Left Shoulder: _____

Right Shoulder: _____

A



Side

B

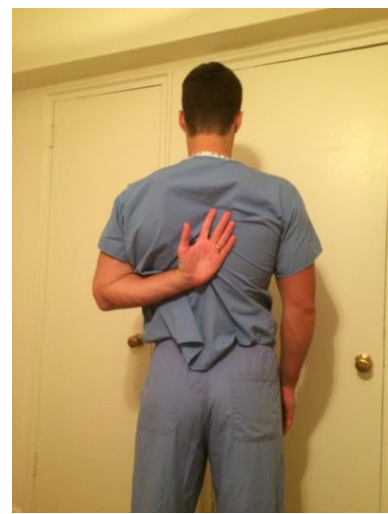


Back Pocket

C



L1



D
L4

E
T8

F
T4

11) How difficult was this survey to take (please circle one answer)?

1) easy

2) moderately easy

3) moderate

4) difficult

5) very difficult

For Staff Purposes ONLY:

Diagnosis: _____

Preoperative: Yes / No

Post operative: Yes / No, If yes how many months: _____

Office Measurements:

Abduction: L side _____ R side _____ Comments: _____

Forward Flexion: L side _____ R side _____ Comments: _____

External Rotation (Shoulder abducted to 90 deg):

L side _____ R side _____ Comments: _____

External Rotation (Arm at the side fully adducted):

L side _____ R side _____ Comments: _____

Internal Rotation (Vertebral Level):

L side _____ R side _____ Comments: _____