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Cincinnati SportsMedicine and Orthopaedic Center

Simple Shoulder Test

Subject Name _____ Today's Date _____

Dominant hand (check one): Right Left Ambidextrous
Shoulder evaluated (check one): Right Left

	Yes	No
1. Is your shoulder comfortable with your arm at rest by your side?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does your shoulder allow you to sleep comfortably?	<input type="checkbox"/>	<input type="checkbox"/>
3. Can you reach the small of your back to tuck in your shirt with your hand?	<input type="checkbox"/>	<input type="checkbox"/>
4. Can you place your hand behind your head with the elbow straight out to the side?	<input type="checkbox"/>	<input type="checkbox"/>
5. Can you place a coin on a shelf at the level of your shoulder without bending your elbow?	<input type="checkbox"/>	<input type="checkbox"/>
6. Can you lift one pound (a full pint container) to the level of your shoulder without bending your elbow?	<input type="checkbox"/>	<input type="checkbox"/>
7. Can you lift eight pounds (a full gallon container) to the level of your shoulder without bending your elbow?	<input type="checkbox"/>	<input type="checkbox"/>
8. Can you carry twenty pounds at your side with the affected extremity?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you think you can toss a softball underhand twenty yards with the affected extremity?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you think you can toss a softball overhand twenty yards with the affected extremity?	<input type="checkbox"/>	<input type="checkbox"/>
11. Can you wash the back of your opposite shoulder with the affected extremity?	<input type="checkbox"/>	<input type="checkbox"/>
12. Would your shoulder allow you to work full-time at your regular job?	<input type="checkbox"/>	<input type="checkbox"/>

Office Use Only:

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 CTA SA PTCL RCT TUBS AMBRII

Montgomery 10663 Montgomery Road 513/347-9999 (513) 792-3239 Fax	Tri-County 12115 Sheraton Lane 513/347-9999 (513) 346-7299 Fax	Western Hills 6350 Glenway Ave, Ste 415 513/347-9999 (513) 347-3999 Fax	Mason 7423 Mason-Montgomery Rd 513/347-9999 (513) 573-9178 Fax	Northern Kentucky 328 Thomas More Parkway 859/331-9700 (859) 344-4153 Fax
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