Shoulder Questionnaire

SSMHealth Orthopedics

Name: _____ Date: _____ Height: ____ Weight: _____ Side: ❑R ❑L

How bad is your pain today? (mark an X on the line)

No pain at all 0 ——————————— 10 Pain as bad as can be

How is your function today? (mark an X on the line)

Full use of arm 0 ——————————— 10 Cannot use arm

Check the appropriate answer	YES	NO
Is your shoulder comfortable with your arm at rest by your side?		
Does your shoulder allow you to sleep comfortably?		
Can you reach the small of your back to tuck in your shirt?		
Can you place your hand behind your head?		
Can you place a coin on a shelf?		
Can you lift 1 lb. (a full pint container) to your shoulder level?		
Can you lift 8 lbs. (a full gallon) to your shoulder level?		
Can you carry 20 lbs. (a bag of potatoes) at your side?		
Do you think you can toss a softball underhand 10 yards?		
Do you think you can toss a softball overhand 20 yards?		
Can you wash the back of your opposite shoulder?		
Will your shoulder allow you to work your full time job?		
Satisfaction		
❑ I am satisfied (better)		
❑ I am not satisfied (worse)		

Pain (check one answer)
❑ Present all the time and unbearable; strong medication frequently
❑ Present all the time but bearable; strong medication occasionally
❑ None/little at rest; pain on light activity; anti-inflammatory medications used frequently
❑ Present during heavy or particular activities only; anti-inflammatory meds used occasionally
❑ Occasional and slight
❑ None. I have no pain.

Function (check one answer)
❑ Unable to use your limb
❑ Only light activities possible
❑ Able to do light housework or most activities of daily living
❑ Most housework, shopping, and driving possible, able to do hair and to dress and undress, including fastening bra
❑ Slight restriction only; able to work above shoulder level
❑ Able to do normal activities

Check the box that indicates your ability to do the following activities:

	Right Arm				Left Arm			
Activity	**Unable to do**	**Very difficult**	**Somewhat difficult**	**Not difficult**	**Unable to do**	**Very difficult**	**Somewhat difficult**	**Not difficult**
Put on a coat								
Sleep on your painful/affected side								
Wash back/fasten bra in back								
Manage toiletting								
Comb hair								
Reach a high shelf								
Lift 10 lbs above shoulder								
Throw a ball overhand								
Do usual work (list):								
Do usual sport (list):								

Visit
❑ Preoperative
❑ 3 month
❑ 6 month
❑ 1 year
❑ 2 year
❑ 5 year
Procedure
❑ TSA
❑ RSA
❑ Cuff
❑

Affected side R L
Hand Dom R L A
Duration

History

Weightbearing Status: WB Non WB

❑ Night pain
❑ Arm pain
❑ Difficulty using arm at shoulder level overhead
❑ Limited motion
❑ Deep ache
❑ Pain reaching across chest
❑ Pain reaching behind back
❑ Neck pain
❑ Numbness/tingling

Inspection R/L	Tenderness
❑ Symmetric	❑ Subacromial
❑ SS Atrophy	❑ Biceps
❑ IS Atrophy	❑ Acromial
❑ Other	❑ Anterior
Cervical Spine	❑ Posterior
❑ Full ROM	❑ AC joint
❑ Limited ROM	❑ Paraspinous
❑ Spurlings +	❑ Trapezial

ROM	Inv R/L	Noninv
AFE		
Abd		
ER		
IR		
@90 ER		
@90 IR		
Assisted FE		

PROM Inv

FF:		SS:		IS/ER:		TM:	
Inv:	**NI:**	**Inv:**	**NI:**	**Inv:**	**NI:**	**Inv:**	**NI:**
5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1
0	0	0	0	0	0	0	0

Special Tests:				**Complications:**	**Diagnosis:**
Neer:	(+) (-)	Belly Press:	(+) (-)	❑ Wound	1.
Hawkins:	(+) (-)	Bear Hug:	(+) (-)		2.
Painful Arc:	(+) (-)	Lift Off:	(+) (-)	❑ Antibiotics	3.
Pain w SS:	(+) (-)	Apprehension:	(+) (-)		4.
Cross Arm:	(+) (-)	Relocation:	(+) (-)	❑ Medical	5.
Speed's:	(+) (-)	Sulcus:	(+) (-)		
Yergason's:	(+) (-)	Anterior: 1 2 3 pain crep		❑ Shoulder	**Plan:**
Popeye:	(+) (-)	Posterior: 1 2 3 pain crep			❑ Injection
O'Brien's:	(+) (-)	Scap Dyskinesis: 1 2 3			❑ Physical Therapy
Thumb/arm:	(+) (-)				❑ Imaging
Painful ER:	(+) (-)				❑ Surgery

Shoulder X-Ray: L R	**X-Ray: Cervical Spine**
❑ Negative with a: Type I II III acromion	❑ Negative
❑ Glenohumeral DJD: Mild Moderate Severe	❑ Loss of lordosis
❑ Rotator Cuff Arthopathy: Hamada Stage 1 2 3 4A 4B 5	❑ DJD
❑ AC Joint: Arthrosis Separation Grade 1 2 3	❑ C3-4 Loss of disc space height DJD
❑ S/P Shoulder Arthroplasty: Primary Reverse Revision	❑ C4-5 Loss of disc space height DJD
❑ Fracture	❑ C5-6 Loss of disc space height DJD
❑ Other	❑ C6-7 Loss of disc space height DJD