

**SIMPLE SHOULDER TEST – (Simply circle yes or no)**

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|---|-----|----|
| 1. Is your shoulder comfortable with your arm at rest by your side?   | Yes | No |
| 2. Does your shoulder allow you to sleep comfortably?   | Yes | No |
| 3. Can you reach the small of your back to tuck in your shirt with your hand?                                   | Yes | No |
| 4. Can you place your hand behind your head with the elbow straight out to the side?                            | Yes | No |
| 5. Can you place a coin on a shelf at the level of your shoulder without bending your elbow?                    | Yes | No |
| 6. Can you lift 1 lb (a full pint container) to the level of your shoulder without bending your elbow?          | Yes | No |
| 7. Can you lift 8 lb (a full gallon container) to the level of the top of your head without bending your elbow? | Yes | No |
| 8. Can you carry 20 lb (a bag of potatoes) at your side with the affected extremity?                            | Yes | No |
| 9. Do you think you can toss a softball underhand 10 yards with the affected extremity?                         | Yes | No |
| 10. Do you think you can throw a softball overhand 20 yards with the affected extremity?                        | Yes | No |
| 11. Can you wash the back of your opposite shoulder with the affected extremity?                                | Yes | No |
| 12. Would your shoulder allow you to work full-time at your regular job?  | Yes | No |