

## Greenhaus Physical Therapy Fitness and Wellness Center

### SHOULDER FORM

Dominant Arm: \_\_\_\_\_

Name: \_\_\_\_\_

Arm Effected: \_\_\_\_\_

Date: \_\_\_\_\_

#### UPenn Pain and Satisfaction

Please circle the number closest to your level of Pain or satisfaction

#### UPenn Functional Scale

Circle the number that best applies to your ability to

3=no difficulty

2=some difficulty

1=much difficulty

0=can't do at all

x=didn't do before injury

<b>Pain at rest with your arm by your side</b>										
0	1	2	3	4	5	6	7	8	9	10
No Pain						Worst Pain				
<b>Pain with normal activities (eating, dressing, bathing)</b>										
0	1	2	3	4	5	6	7	8	9	10
No Pain						Worst Pain				
<b>Pain with strenuous activities (reaching, lifting, pushing, pulling, throwing):</b>										
0	1	2	3	4	5	6	7	8	9	10
No Pain						Worst Pain				
<b>Pain Score = (Please add)</b>										/30

<b>How satisfied are you with the current level of function of your shoulder?</b>										
0	1	2	3	4	5	6	7	8	9	10
No Pain						Worst Pain				

<b>What % would you say you were limited functionally?</b>										
<b>Please circle</b>										
0%	1-19%	20-39%	40-59%	60-79%	80-99%	100%				
<---Better						Worse----->				

Reach the small of your back to tuck in your shirt with hand	3	2	1	0	X
Wash middle of back/hook bra	3	2	1	0	X
Perform necessary toileting activities	3	2	1	0	X
Wash the back of the opposite shoulder	3	2	1	0	X
Comb hair	3	2	1	0	X
Place hand behind head with elbow held straight out to side	3	2	1	0	X
Dress self (including put on a coat and pull off shirt overhead)	3	2	1	0	X
Sleep on affected side	3	2	1	0	X
Open a door with affected side	3	2	1	0	X
Carry a bag of groceries with affected arm	3	2	1	0	X
Carry a briefcase or small suitcase with the affected arm	3	2	1	0	X
Place a soup can (1-2#) on a shelf at shoulder level without bending elbow	3	2	1	0	X
Place a gallon container (8-10#) on shelf at shoulder level without bending elbow	3	2	1	0	X
Reach a shelf above your head without bending elbow	3	2	1	0	X
Place a soup can (1-2#) on a shelf above your head without bending elbow	3	2	1	0	X
Place a one gallon container (8-10#) on a shelf overhead without bending elbow	3	2	1	0	X
Perform usual sport/hobby	3	2	1	0	X
Perform household chores (cleaning, laundry, cooking)	3	2	1	0	X
Throw overhand, swim, or overhead racquet sports	3	2	1	0	X
Work full-time at regular job	3	2	1	0	X
<b>Total Function = (Please add)</b>					/60

#### Clinician Use Only Below This Line

	Pain Free ROM	PROM
Sh Elevation		
Coronal abd		
ER @ neutral		
ER @ 90°		
IR		