

Date:

SHOULDER ASSESSMENT FORM

OBJECTIVE EVALUATION

I. RANGE OF MOTION

Total shoulder motion. Goniometer preferred.

	a. RIGHT		b. LEFT	
	active	passive	active	passive
1. Forward elevation (Maximum arm-trunk angle)				
2. Lateral elevation				
3. External rotation (Arm comfortably at site)				
4. External rotation (Arm at 90° abduction)				
5. Internal rotation (Highest posterior anatomy reached with thumb)				
6. Cross-body adduction (Antecubital fossa to opposite acromion)				
7. External Rotation for the Constant's Score. Please record the external rotation as following:	RIGHT SHOULDER		LEFT SHOULDER	
Position (<i>check all that apply</i>) Yes=2 points, No=0	Yes	No	Yes	No
a. Hand behind head with elbow held forward				
b. Hand behind head with elbow held back				
c. Hand on top of head with elbow held forward				
d. Hand on top of head with elbow held back				
e. Full elevation from on top of head				
SUBTOTAL (max.10)		<input type="checkbox"/>		<input type="checkbox"/>

II. SIGNS

0 = None; 1 = mild; 2 = moderate; 3 = severe

	a. RIGHT				b. LEFT			
1. Supraspinatus/GT tenderness	0	1	2	3	0	1	2	3
2. AC joint tenderness	0	1	2	3	0	1	2	3
3. Biceps tenderness (or rupture)	0	1	2	3	0	1	2	3
4. Other tenderness - List:	0	1	2	3	0	1	2	3
5. Impingement I (passive FE in slight internal rotation)	Y	N			Y	N		
6. Impingement II (passive internal rotation with 90° flexion)	Y	N			Y	N		
7. Impingement III (90° active abduction - classic painful arc)	Y	N			Y	N		
8. Subacromial crepitus	Y	N			Y	N		
9. Scars - location:	Y	N			Y	N		
10. Atrophy - location:	Y	N			Y	N		
11. Deformity: describe:	Y	N			Y	N		
12. Drop arm (positive)	Y	N			Y	N		
13. Belly press test (positive)	Y	N			Y	N		
14. Lift off test (positive)	Y	N			Y	N		
15. External rotation lag sign	Y	N			Y	N		
16. Internal rotation lag sign	Y	N			Y	N		
17. Hornblower's sign	Y	N			Y	N		
18. Active compression (positive)	Y	N			Y	N		

III. STRENGTH

0 = no contraction; 1 = flicker; 2 = movement with gravity eliminated; 3= movement against gravity;
4 = movement against some resistance; 5 = normal power

	a. RIGHT	b. LEFT
1. Testing affected by pain?	Y N	Y N
2. Forward elevation	0 1 2 3 4 5	0 1 2 3 4 5
3. Forward elevation (tested by dynamometer)	kg	kg
4. Abduction	0 1 2 3 4 5	0 1 2 3 4 5
5. Abduction (tested by dynamometer)	kg	kg
6. External rotation (arm comfortably at side)	0 1 2 3 4 5	0 1 2 3 4 5
7. External rotation (tested by dynamometer)	kg	kg
8. Internal rotation (arm comfortably at side)	0 1 2 3 4 5	0 1 2 3 4 5
9. Internal rotation (tested by dynamometer)	kg	kg
10. Strength of elevation at 90° tested by dynamometer	kg	kg
a. If cannot reach 90°, please record maximum angle of elevation at which test is performed: <input type="checkbox"/> <input type="checkbox"/> degrees	kg	kg

IV. INSTABILITY

0= none; 1 = mild (0-1 cm translation); 2 = moderate (1-2 cm translation or translate to glenoid rim);
3 = severe (> 2 cm translation or over rim of glenoid)

	a. RIGHT	b. LEFT
1. Anterior translation	0 1 2 3	0 1 2 3
2. Posterior translation	0 1 2 3	0 1 2 3
3. Inferior translation (sulcus sign)	0 1 2 3	0 1 2 3
4. Anterior apprehension	0 1 2 3	0 1 2 3
5. Reproduces symptoms?	Y N	Y N
6. Voluntary instability?	Y N	Y N
7. Relocation test positive?	Y N	Y N
8. Generalized ligamentous laxity	Y N	Y N

V. ASSOCIATED SYMPTOMS

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5
None Severe

	a.	b. LOCATION	c. SEVERITY
1. Neck Pain	Y N		0 1 2 3 4 5
2. Back pain	Y N		0 1 2 3 4 5
3. Pain in other joints	Y N		0 1 2 3 4 5
4. Neurological deficit			
a. Sensory deficit	Y N		0 1 2 3 4 5
b. Motor deficit	Y N		0 1 2 3 4 5
5. Other associated symptoms please list: _____	Y N		0 1 2 3 4 5

VI. OTHER PHYSICAL FINDINGS

C-spine: ROM _____ stability _____ strength _____

Trunk: ROM _____ stability _____ strength _____

Skin: _____

CONSTANT SCORE

A. Subjective Assessment

Pain during functional use:

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0
None Mild Moderate Severe

Daily Work (work without restriction=4 points, 75% of normal work=3 points, 50% of normal work=2 points,...etc.; undisturbed sleep=2 points, interrupted sleep=1 point, no sleep= 0 points)

a. Work	0	1	2	3	4
b. Recreation	0	1	2	3	4
c. Sleep	0	1	2		

Ability to work at the level of:

The waist 2 The xiphoid process 4 The neck 6 The head 8 Above the head 10

B. Objective Assessment

Flexion

0= 0-30°

2=31-60°

4=61-90°

6=91-120°

8=121-150°

10=>150°

Abduction

0= 0-30°

2=31-60°

4=61-90°

6=91-120°

8=121-150°

10=>150°

External Rotation:

2= Hand behind head, elbow held forward

4= Hand behind head, elbow held back

6=Hand on top of head, elbow forward

8= Hand on top of head, elbow back

10= Full elevation from top of head

Internal Rotation

0= Hand to lateral thigh

2= Dorsum of hand to buttock

4= Hand to lumbosacral junction

6= Dorsum of hand to waist (LV 3)

8= Dorsum of hand to TV 12

10= Dorsum of hand to interscapular region (TV 7)

Strength of abduction (90 degrees of abduction or highest level patient can achieve)

Trial 1: _____

Trial 2: _____

Trial 3: _____

Total = _____/3 = ____

X-rays: _____

MRI: _____

SF-36 score: _____

SST score: _____

ASES score: 10 - _____ X5 = _____

_____ x5/3 = _____

Total: _____

Constant score: _____

Diagnosis: _____

Plan: _____

_____ **Date**