

SHOULDER FUNCTION ASSESSMENT

Name _____

Date _____

Instructions: The list below contains some sentences people have used to describe themselves when they have shoulder and arm pain. When your arm hurts, you may find it hard to do some of these things also. Please check only the sentences that describe you during the **past 24 hours**.

- Because of my shoulder pain I have difficulty putting on a shirt or coat.
- I have difficulty combing or styling my hair.
- Because of my shoulder pain I avoid overhead activities.
- I avoid pushing or pulling activities due to my shoulder pain.
- I use a sling for my shoulder to decrease my pain.
- I have to hold my arm next to my side due to the pain.
- Because of my shoulder pain I am unable to reach behind my back to strap my bra or put on my belt.
- Because of the pain I avoid reaching for my back pocket.
- Because of my shoulder pain I am unable to work.
- Because of my shoulder pain I avoid or modify recreational activities.
- When my shoulder hurts I avoid house chores.
- I can not throw a ball without increasing my shoulder pain.
- Resting on my shoulder for more than five minutes hurts my arm.
- When I sit I must support my arm with a pillow or arm rest.
- When I walk, swinging my arm increases my shoulder pain.
- My shoulder pain awakens me at least once a night.
- Because of my shoulder pain I am unable to drive.
- I have pain lifting objects above shoulder height.
- Putting on a seat belt increases my shoulder pain.
- I limit the amount of yard work I do because my shoulder hurts.
- I cannot lift a gallon of water without increasing my shoulder pain.
- Because of the pain in my shoulder I can not do a push up.
- Working with a computer or typewriter increases my shoulder pain.
- I need to take medication for my shoulder to do daily activities.
- I think using a hammer or paint brush would increase my pain.

Instructions: Please place an X on the line to indicate the amount of shoulder pain you have had in the **past 24 hours**. The scale ranges from "no pain at all" to the "worst possible pain."

no pain at all

worst pain possible