## Simple Shoulder Test

**Dominant Hand (fill in only one oval):**
- Right ☐
- Left ☐
- Ambidextrous ☐

**Shoulder Evaluated (fill in only one oval):**
- Right ☐
- Left ☐

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 one pound (a full pint container) to the level of your shoulder without bending your elbow?**
   - Yes ☐
   - No ☐

7. **Can you lift eight pounds (a full gallon container) to the level of your shoulder without bending your elbow?**
   - Yes ☐
   - No ☐

8. **Can you carry twenty pounds at your side with the affected extremity?**
   - Yes ☐
   - No ☐

9. **Do you think you can toss a softball under-hand twenty yards with the affected extremity?**
   - Yes ☐
   - No ☐

10. **Do you think you can toss a softball over-hand twenty 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 ☐