

## SHOULDER FUNCTION ASSESSMENT

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

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

**Instructions:** When your shoulder and arm hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have shoulder and arm pain. Some sentences may describe you today. When you read a sentence that describes you today, put an “X” in the box beside it. If it does not describe you today, leave the space beside it blank. *Check only sentences that describe you today.*

- 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.
- I use a sling for my shoulder to decrease the 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 hook my bra or put on my belt.
- Because of the pain I avoid reaching into back pocket.
- Because of my shoulder pain I am unable to work.
- Because of shoulder pain I avoid or modify recreational activities.
- When my shoulder hurts I avoid household chores.
- I cannot 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 armrest.
- 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 when 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 cannot do a pushup.
- Working with a computer or typewriter increases my shoulder pain.
- To do daily activities, I need to take medication for my shoulder.
- I think using a hammer or paintbrush would increase my pain.