

## SIMPLE SHOULDER TEST\*

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

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|-----|--|-----|----|
| 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 1 lb. (a full pint container) to the level of your shoulder without bending your elbow?           | YES | NO |
| 7.  | Can you lift 8 lbs. (a full gallon container) to the level to the top of your head without bending your elbow? | YES | NO |
| 8.  | Can you carry 20 lbs. (a bag of potatoes) at your side with the affected extremity?                            | YES | NO |
| 9.  | Do you think you can toss a softball underhand 10 yards with the affected extremity?                           | YES | NO |
| 10. | Do you think you can throw a softball overhand 20 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 |

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\* The Simple Shoulder Test (SST) is used for patient self-assessment of general shoulder function. (Form Lippitt SB, Harryman DT II, and Matsen FA III: A practical tool for evaluation function: the simple shoulder test. In Matsen FA III, Fu FH, and Hawkins RJ [eds]: The Shoulder: A Balance of Mobility and Stability. Rosemont, IL: American Academy of Orthopaedic Surgeons, 1993, pp 501-518.)