**SIMPLE SHOULDER TEST**

Name: ___________________________ Date: __/__/___

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