Lewis G. Zirkle, Jr., MD
John W. Staeheli, MD
M. Lynn Scovazzo, MD
Gordon Hsieh, DO
Patrick A. Dawson, MD
Tamara S. Simpson, MD
David J. Gibbons, MD
Michael Perala, PA-C

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Shoulder Form

Northwest Orthopaedics

David Gibbons, MD
Margie Eder, RN

Name: _____ **Phone Number**: _____

Gender: ☐ Male ☐ Female **Age**: _____ **Date of Birth**: _____/_____/_____

Problem Shoulder: ☐ Right ☐ Left **Today's Date**: _____/_____/_____

Dominant Hand: ☐ Right ☐ Left **Date of Surgery**: _____/_____/_____ pre 3 6 12 24

VAS: How bad is your pain today? (Circle one)

0 1 2 3 4 5 6 7 8 9 10

(no pain) (worst possible pain)

Are you currently satisfied with the condition of your shoulder? Yes No

Will/Did you receive Workman's Comp. for the care/procedure? Yes No

A. Please circle one statement that best describes your injured shoulder's function:

I can do my normal activities [10, 1a]

I only have slight restrictions and can work overhead [8, 1b]

I can do most housework and comb my hair [6, 1b]

I can do only light housework [4, 1c]

I can do only light activities [2, 1c]

I am unable to use my shoulder [1, 1d]

B. Please circle one statement that best describes your shoulder pain:

I have no pain [10]

I have occasional and slight pain [8]

Present during heavy activities only [6]

Present during light activities [4]

Always present but bearable [2]

I have severe pain [1]

C. Please rate the difficulty of the following activities:

3: easy; **2:** difficult; **1:** very difficult; **0:** unable

Put on a coat	3 2 1 0
Sleep on the painful or affected side	3 2 1 0
Wash back or do up bra in back	3 2 1 0
Manage toileting	3 2 1 0
Comb hair	3 2 1 0
Reach a high shelf	3 2 1 0
Lift 10 lb above the shoulder	3 2 1 0
Throw a ball overhand	3 2 1 0
Do usual work	3 2 1 0
Do usual sport	3 2 1 0

	Injured/Operative	Other
Strength:		
Supra		
Infra		
Subs		
O'Brien		
AROM:		
ABD		
FF		
EXR		
INR		

Stability: N1 Apprehension Sublux Disloc

Permission Discussed: _____

ASES = {(10-vas) x 5} + {(sum of C) x 5/3} VAS:
UCLA = FF AROM+Strength+A+B+Satisfaction
[FF AROM>150:5, 120-150:4, 90-120:3, 45-90:2, 30-45:1; Strength: 0-5; Satis.: N=0, Y=5]
Rowe = A + Stability + Motion
[A- 1a=30, 1b=25, 1c=10, 1d=0; Stability- N=50, A=30, S=10, D=0;
Motion- nl ER, FF, IR=20, 75% ER nl FF, IR=15, 50% ER 75% FF, IR=5, ≤ 50% ER, FF, IR=0