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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