

SHOULDER – SPORTS PERFORMANCE QUESTIONNAIRE

Patient Name _____

Date _____

Please read carefully:

Please answer every section, and mark ONLY ONE response which most closely describes your shoulder right now.

I. PAIN

- No pain with competition
- Pain after competing only
- Pain while competing
- Pain preventing competing
- Pain with ADLs
- Pain at rest

II. STRENGTH / ENDURANCE

- No weakness, normal competition fatigue
- Weakness after competition, early competition fatigue
- Weakness during competition, abnormal competition fatigue
- Weakness or fatigue preventing competition
- Weakness or fatigue with ADLs
- Weakness or fatigue preventing ADLs

III. STABILITY

- No looseness during competition
- Recurrent subluxations while competing
- Dead-arm syndrome while competing
- Recurrent subluxations prevent competition
- Recurrent subluxations during ADLs
- Dislocation

IV. INTENSITY

- Preinjury versus postinjury hours of competition (100%)
- Preinjury versus postinjury hours of competition (less than 75%)
- Preinjury versus postinjury hours of competition (less than 50%)
- Preinjury versus postinjury hours of competition (less than 25%)
- Preinjury and postinjury hours of ADLs (100%)
- Preinjury and postinjury hours of ADLs (less than 50%)

V. PERFORMANCE

- At the same level, same proficiency
- At the same level, decreased proficiency
- At the same level, decreased proficiency, not acceptable to athlete
- Decreased level, with acceptable proficiency
- Decreased level, unacceptable proficiency
- Cannot compete, had to switch sport

VI. RANGE OF MOTION (To Be Completed by Health Care Provider)

- Normal external rotation at 90 – 90 degree position; normal elevation
- Less than 5 degree loss of external rotation; normal elevation
- Less than 10 degree loss of external rotation; normal elevation
- Less than 15 degree loss of external rotation; normal elevation
- Less than 20 degree loss of external rotation; normal elevation
- Greater than 20 degree loss of external rotation; or any loss of elevation

OTHER COMMENTS: _____

Examiner: _____