

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Comb hair

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place hand behind head with elbow held straight out to the side

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Dress self (including put on coat and pull shirt of overhead)

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Sleep on affected side

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Open a door with affected side

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Carry a bag of groceries with affected arm

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Carry a briefcase/small suitcase with affected arm

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a soup can (1-2 lbs.) on a shelf at shoulder level without bending elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a one gallon container (8-10 lbs.) on a shelf at shoulder level without bending elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Reach a shelf above your head without bending your elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a soup can (1-2 lbs.) on a shelf overhead without bending your elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Place a one gallon container (8-10 lbs.) on a shelf overhead without bending your elbow

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Perform usual sport/hobby

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Perform household chores (cleaning, laundry, cooking)

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Throw overhand/swim/overhead racquet sports

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

Work full-time job at your regular job

No Difficulty (3)

Some Difficulty (2)

Much Difficulty (1)

Can't do at all (0)

Did not do before injury (X)

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