



# Reading Shoulder Unit



[www.readingshoulderunit.com](http://www.readingshoulderunit.com)



## CONSTANT SCORE AND ADDITIONAL QUESTIONS FOR VERSO SHOULDER

HOSP NO:

HOSPITAL:	<input type="text"/>	STUDY NO:	<input type="text"/>
FOLLOW-UP:	<input type="text"/>	GENDER:	<input type="radio"/> Male <input type="radio"/> Female
	<input type="radio"/> PRE-OP <input type="radio"/> 3 MONTHS <input type="radio"/> 1 YEAR <input type="radio"/> 6 WEEKS <input type="radio"/> 6 MONTHS <input type="radio"/> OTHER (PLEASE SPECIFY)	YEARS:	<input type="text"/>
EVALUATOR:	<input type="text"/>	MONTHS:	<input type="text"/>
		Shade Circles Like This--> ●	

1. DO YOU HAVE PAIN IN YOUR SHOULDER?  NONE  MILD  MODERATE  SEVERE

2. Place an X on the line below to describe your shoulder pain level during normal activity

☺ No pain 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Unbearable pain ☹

### Function

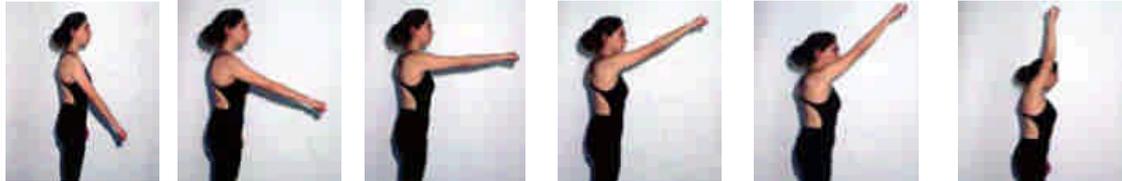
- Does your shoulder limit your occupation or daily living?  
 No, or very slightly    Moderate limitation    Severe limitation
- Are your leisure and recreational activities limited by your shoulder?  
 No, or very slightly    Moderate limitation    Severe limitation
- Does your shoulder disturb your night sleep?  
 No    Sometimes    Yes
- What level can you use your arm for reasonable painless movement?  
 Waist    Chest    Neck    Ear    Above head



Draft

# CONSTANT SCORE AND ADDITIONAL QUESTIONS FOR VERSO SHOULDER

## 1. Forward Elevation in degrees (from arm by side)



- 0 - 30
- 31 - 60
- 61 - 90
- 91 - 120
- 121 - 150
- 151 - 180

LEFT:

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RIGHT:

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## 2. Lateral Elevation in degrees (from arm by side)



- 0 - 30
- 31 - 60
- 61 - 90
- 91 - 120
- 121 - 150
- 151 - 180

LEFT:

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RIGHT:

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## 3. External Rotation



- Hand behind head with elbow held forward
- Hand behind head with elbow held back
- Hand on top of head with elbow held forward
- Hand on top of head with elbow held back
- Full elevation from (hand) top of head

## 4. Internal Rotation



- Hand behind back to lateral thigh
- Hand behind back to buttock
- Hand behind back to lumbosacral junction
- Hand behind back to waist (3rd lumbar vertebra)
- Hand behind back to 12th thoracic vertebra
- Hand behind back to interscapular level

*Please continue answering the questions on page 3.*



Signature

Date: 

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*Thank you for your help in completing this form.*