

Richard Michelin, DO Shoulder and Elbow Specialist Lasvegasshoulderelbow.com Crovettiortho.com



Name	e	Date								
SANE So	ore									
How wou scale with	ld you rate ı 100% be	your affe	cted and o	pposite ex	ktremity	today as a	percent	age of nor	mal (0%	to 100%
		Right	Side:	%		Left Side:		%		
Please ci	rcle a nu	mber bel	ow to de	scribe yo	our pai	n most o	f the tin	ne:		
No	Moderate						Worst			
Pain	Pain						Pain			
—	-	-	+	+	+	+	-	-	+	
0	1	2	3	4	5	6	7	8	9	10
6		(= :					. /		/	
	((©			<u> </u>) ((SO)) ((SO)	(-	
			/ `		/ \					
	0	2		4		6		8		10
Verbal sca	ile:									
	No pain		M	ild		Moder	ate		Severe i	pain

Correlation between Visual and verbal scale:

1-3 = mild pain; minimal impact on ADL's

4-6 = moderate pain; moderate impact on ADL's

7-10 = severe pain; major impact on ADL's

Simple Shoulder Test

Please answer YES or NO for BOTH of your shoulders			RIGHT YES NO		LEFT YES NO	
1	Is your shoulder comfortable with your arm at rest by your side?	0	0	0	0	1
2	Does your shoulder allow you to sleep comfortably?	0	0	0	0	2
3	Can you reach the small of your back to tuck in your shirt with your hand?	0	0	0	0	3
4	Can you place your hand behind your head with the elbow straight out to the side?	0	0	0	0	4
5	Can you place a coin on a shelf at the level of your shoulder without bending your elbow?	0	0	0	0	5
6	Can you lift one pound (a full pint container) to the level of your shoulder without bending your elbow?	0	0	0	0	6
7	Can you lift eight pounds (a full gallon container) to the level of your shoulder without bending your elbow?	0	0	0	0	7
8	Can you carry twenty pounds at your side with this extremity?	0	0	0	0	8
9	Do you think you can toss a softball under-hand twenty yards with this extremity?	0	0	0	0	9
10	Do you think you can toss a softball over-hand twenty yards with this extremity?	0	0	0	0	10
11	Can you wash the back of your opposite shoulder with this extremity?	0	0	0	0	11
12	Would your shoulder allow you to work full-time at your regular job?	0	0	0	0	12

ASES score

Please fill out for affected shoulder only.	Unable to do (0)	Very difficult (1)	Somewhat difficult (2)	Not difficult (3)
1. Is it difficult for you to put on a coat?	0	0	0	0
2. Is it difficult for you to sleep on the affected side?	0	0	0	0
3. Is it difficult for you to wash your back or put on a bra?	0	0	0	•
4. Is it difficult for you to manage toileting?	0	0	0	0
5. Is it difficult for you to comb your hair?	0	0	0	0
6. Is it difficult for you to reach a high shelf?	0	0	0	0
7. Is it difficult for you to lift 10 pounds above your head	0	0	0	0
8. Is it difficult for you to throw a ball overhand?	0	0	0	0
9. Is it difficult for you to do your usual work?	0	0	0	0
10. Is it difficult for you to do your usual sports/leisure activity?	0	0	0	•