



Patient's Details

**Operation/Diagnosis: Date:**

Examination: **Pre-op**

3 months 6month 1 year 2 years \_\_\_ years

**A.- Pain (/15): Average (1 + 2)**

**A**

1. Do you have pain in your shoulder (normal activities)?

No = 15 pts, Mild pain = 10 pts, Moderate = 5 pts, Severe or permanent = 0.

Linear scale:

If "0" means no pain and "15" is the maximum pain you can experience, please circle where is the level of pain of your shoulder. (Points given are inverse to the scale. E.g. level 5 in the scale means 10 points)

**Level of pain:**

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Points:

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0

**B.- Activities of daily living (/20)**

**Total (1 + 2 + 3 + 4) B**

1. Is your occupation or daily living limited by your shoulder?

No = 4, Moderate limitation = 2, Severe limitation = 0

2. Are your leisure and recreational activities limited by your shoulder?

No = 4, Moderate limitation = 2, Severe limitation = 0

3. Is your night sleep disturbed by your shoulder?

No = 2, Sometimes = 1, Yes = 0

4. State to what level you can use your arm for painless, reasonably activities.

Waist = 2, Xiphoid (sternum) = 4, Neck = 6, Head = 8, Above head = 10

**C.- Range of movement (leave this for the doctor or physiotherapist) (/40): Total (1 + 2 + 3 + 4)**

**1.- FWD Flexion:** 0 - 30 **C** 0 pts  
 31 - 60 2 pts  
 61 - 90 4 pts  
 91 - 120 6 pts  
 121 - 150 8 pts  
 > 150 10 pts

**2.- Abduction:** 0 - 30  
 31 - 60  
 61 - 90  
 91 - 120  
 121 - 150  
 > 150

**3.- External Rotation:**

**4.- Internal Rotation:** (Dorsum hand to)

Hand behind head & elbow forward 2  
 Hand behind head & elbow back 4  
 Hand above head & elbow forward 6  
 Hand above head & elbow back 8  
 Full elevation of arm 10

Thigh 0  
 Buttock 2  
 SI joint 4  
 Waist 6  
 T12 8  
 Between shoulder blades 10

**D.- Power (/25): Points: average (kg) x 2 = D**

First pull: Second pull: Third pull: Fourth pull: Fifth pull:  
 pull: Average pulls:

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**TOTAL (/100): A + B + C+ D**

To book a consultation or an appointment with Mr Giuseppe Sforza please get in touch

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