



### SHOULDER QUESTIONNAIRE

DATE OF VISIT: \_\_\_\_\_ PATIENT NAME: \_\_\_\_\_

At baseline, what did/do you do for exercise and how often did/do you do each activity: \_\_\_\_\_

Are you  RIGHT or  LEFT hand-dominant? (Which hand do you write with?)

Which shoulder is bothering you?  RIGHT  LEFT  BOTH (which is worse: \_\_\_\_\_)

When did the pain begin? \_\_\_\_\_

Cause of pain:  Gradual onset  Sports injury  Accident  Work comp injury

If an injury occurred, describe what happened and when? \_\_\_\_\_

Any prior significant issues with that shoulder:  No  Yes

- Describe any previous injury: \_\_\_\_\_
- List any previous surgeries (when, what, and surgeon's name): \_\_\_\_\_
- List any previous injections (when and with whom): \_\_\_\_\_

Frequency of pain:  Constant  Intermittent

Pain level at rest, i.e. when not moving (please circle): 0 1 2 3 4 5 6 7 8 9 10 (10 is max)

Highest level of pain (please circle): 0 1 2 3 4 5 6 7 8 9 10 (10 is max)

Do you have neck pain?:  No  Yes

Do you have pain radiating down your arm, below the level of the elbow:  No  Yes

Do you have numbness or tingling in that hand?:  No  Yes

Have you had neck surgery or injections?:  No  Yes (describe when/what): \_\_\_\_\_

Describe the pain :  Aching  Sharp  Constant aching with sharp pain on movement

Do you feel :  Grinding  Catching  Locking  Clicking  Popping  Snapping

Do symptoms occur while:  Lifting  Reaching over shoulder level  Reaching behind

When is pain the worst:  Morning  At the end of the day  Trying to get to sleep

Is it hard to fall sleep?:  No  Yes

Does pain wake you from sleep?:  No  Yes

What bothers you most about your shoulder:  Pain  Decreased range of motion  Weakness

Have you tried any of the following to relieve pain:  Rest  Heat  Cold  Home exercises

Massage  Sling  Acupuncture

If you have had Physical Therapy: What facility: \_\_\_\_\_; How many sessions: \_\_\_\_\_

When was the last session: \_\_\_\_\_

List any medications taken for shoulder pain (name, dosage, and frequency): \_\_\_\_\_

Are you getting:  Better  Worse  No change