



Name \_\_\_\_\_ Date \_\_\_\_\_

**SANE Score**

How would you rate your affected and opposite extremity today as a percentage of normal (0% to 100% scale with 100% being normal)?

Right Side: \_\_\_\_\_ % Left Side: \_\_\_\_\_ %

**Simple Shoulder Test**

Please answer YES or NO for **BOTH** of your shoulders

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

**ASES score**

	Unable to do (0)	Very difficult (1)	Somewhat difficult (2)	Not difficult (3)
<b>Please fill out for affected shoulder only.</b>				
1. Is it difficult for you to put on a coat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Is it difficult for you to sleep on the affected side?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Is it difficult for you to wash your back or put on a bra?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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4. Is it difficult for you to manage toileting?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Is it difficult for you to comb your hair?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Is it difficult for you to reach a high shelf?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Is it difficult for you to lift 10 pounds above your head	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Is it difficult for you to throw a ball overhand?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Is it difficult for you to do your usual work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Is it difficult for you to do your usual sports/leisure activity?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>