



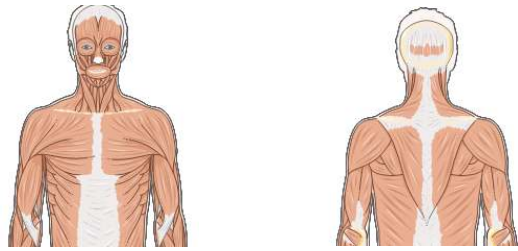
# SHOULDER ASSESSMENT FORM



*Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.*

# SHOULDER ASSESSMENT FORM

NAME: \_\_\_\_\_  
 D.O.B:    /    /  
 DATE:    /    /                      Dominance      
 POSITION: \_\_\_\_\_



## HISTORY:

### Mechanism of Injury

Trauma     Stretching     Overuse

Ant     Post     Lat     Sup     Inf     Rotation

FOOSH     Shoulder tip     Side imp

### Pain

Deep     Superficial     Burning     Aching     Night

Lat rot     Med rot     Abb     Add     Overhead

Aggravating Factors:                      Relieving factors:

### Symptoms

Unstable     Paresthesia     Weakness

Functional limitations:

## EXAMINATION

**L**

**R**

### Range of Motion

**FLEX**  
 Normal 160-180°  
 Pain +/-

    PAIN         PAIN

**EXT**  
 Normal 50-60°  
 Pain +/-

    PAIN         PAIN

**ABB**  
 Normal: 170-180°  
 Pain arc +/- (°)

    PAIN         PAIN

**ADD**  
 Normal: 50-75°  
 Pain +/-

    PAIN         PAIN

**EXT ROT**  
 Normal: 80-90°  
 Pain +/-

    PAIN         PAIN

**INT ROT**  
 Normal: 60-100°  
 Pain +/-

    PAIN         PAIN

**90° EXT ROT**  
 Normal: 70-100°  
 Pain =/-

    PAIN         PAIN

**90° INT ROT**  
 Normal 70-100°  
 Pain =/-

    PAIN         PAIN

### Stability

**ANT DRAW**  
 Grade 0-III  
 0°, 45°, 90°

0°     45°     90°     0°     45°     90°

**POST DRAW**  
 +/-

    PAIN         PAIN

**APP TEST**  
 +/-

    ANGLE         ANGLE

**JOBES RELO**  
 +/-

**INF LAX**  
 1+, 2+, 3+

    Feagin         Feagin

### Special Tests

**NEER IMP**  
 Pain +/-

**HAWK IMP**  
 Pain +/-

**ACJ ADD**  
 Pain +/-

**CLUNK**  
 +/-

**CRANK**  
 +/-

**SPEED**  
 +/-

**EMPTY CAN**  
 +/-

PAST HISTORY

INVESTIGATIONS

COMMENTS

