

SHOULDER EVALUATION FORM

Sara Jurek, M.D.

seattleshoulderdoc.com | sarajurekmd.com

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_  
\_\_\_\_Right Handed / \_\_\_\_Left Handed    Involved Shoulder \_\_\_\_Right \_\_\_\_Left \_\_\_\_Both – \_\_\_\_Right Worse \_\_\_\_Left Worse

When did your problem start? \_\_\_\_\_ Was there an injury? \_\_\_\_Yes \_\_\_\_No  
What happened to shoulder? (i.e. fall directly onto shoulder, landed on outstretched arm,)

Do you have \_\_\_\_clicking \_\_\_\_catching \_\_\_\_loose/unstable shoulder \_\_\_\_stiffness/loss of motion \_\_\_\_weakness  
\_\_\_\_pain that awakens you from sleep \_\_\_\_numbness/tingling down arm \_\_\_\_neck pain

Location of pain: \_\_\_\_Top \_\_\_\_Front \_\_\_\_Back \_\_\_\_Deep Inside \_\_\_\_Down outside of arm  
How severe is the pain on average? (none) 0 1 2 3 4 5 6 7 8 9 10 (extreme)

What makes pain worse? (i.e. arm out to side, throwing) \_\_\_\_\_  
What makes pain better? \_\_\_\_\_

Have you had \_\_\_\_X-ray \_\_\_\_MRI \_\_\_\_Other test \_\_\_\_\_ for this condition

Previous shoulder injuries/dates \_\_\_\_\_

Previous treatment  
\_\_\_\_medications \_\_\_\_Ibuprofen/Advil \_\_\_\_Naproxen/Aleve \_\_\_\_Other \_\_\_\_\_  
\_\_\_\_injections    dates \_\_\_\_\_  
   percent improvement \_\_\_\_\_  
\_\_\_\_physical therapy    when \_\_\_\_\_    \_\_\_\_helpful    \_\_\_\_not helpful  
\_\_\_\_sling  
\_\_\_\_surgery

Previous Surgery	Date	Surgeon
_____	_____	_____
_____	_____	_____
_____	_____	_____

Sports/recreational activities \_\_\_\_\_  
Level of sport \_\_\_\_High School \_\_\_\_College \_\_\_\_Professional \_\_\_\_Other \_\_\_\_\_  
Occupation \_\_\_\_\_  
Current School and Grade Level \_\_\_\_\_  
Goals after treatment for this problem \_\_\_\_\_

For Baseball Players  
Position \_\_\_\_\_ Do you play year round? \_\_\_\_\_  
How many teams? \_\_\_\_\_ When last played \_\_\_\_\_  
Average pitch count \_\_\_\_\_  
Which part of throwing cycle causes pain?  
\_\_\_\_Early (Cocking phase) \_\_\_\_Middle (Ball coming forward/acceleration) \_\_\_\_Late (Ball Release)