SHOULDER	
Location	□ Left Front □ Right Front □ Left Back □ Right Back □ Both sides
Pain Ratings	□ 0 □1 □2 □3 □4 □5 □6 □7 □8 □9 □10 (Excruciating)
Frequency	☐ Infrequent < 25% ☐ Occasional 25% to 50%
	□ Frequent 50% to 75% □ Constant > 75%
Pain/Severity	□ No Pain □ Pain □ Numbness □ Tingling / □ Mild □ Moderate □ Severe
Associated with	□ Numbness □ Tingling □ Increased sensitivity
	□ Stiffness □ Tightness □ Decreased ROM
Radiates to	☐ Head ☐ Forehead ☐ Back of head ☐ Right side of head ☐ Left side of head
	☐ Both sides of head ☐ Right shoulder blade ☐ Left shoulder blade
	□ Right shoulder □ Left shoulder □ Right arm □ Left arm □ Right forearm
	□ Left forearm □ Right hand □ Left hand □ Right fingers □ Left fingers
Described as	☐ Aching ☐ Dull ☐ Sharp ☐ Stabbing ☐ Throbbing
At its worst	☐ Morning ☐ Afternoon ☐ Evening ☐ Night
	After Activities: Light Moderate
What makes it better?	☐ Medication ☐ Lying Down ☐ Standing ☐ Sitting
	☐ Stretching ☐ Range of Motion ☐ Nothing
What makes it worse?	☐ Driving ☐ Housework ☐ Lifting ☐ Pulling ☐ Pushing
	□ Range of Motion □ Working