








QUICK SHOULDER ASSESSMENT



IF YOU ARE UNABLE TO AGREE TO ALL OF THE TASKS LISTED IN YOUR AGE COLUMN YOU SHOULD GET YOUR SHOULDER ASSESSED BY ONE OF OUR **MUSCULOSKELETAL PHYSIOTHERAPISTS**

	AGE	<35	36-59	60- 79	80+
	1.MY SHOULDER DOES NOT DISTURB MY SLEEP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. I CAN RAISE MY ARM(S) TO FULL HEIGHT WITHOUT PAIN OR STIFFNESS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. I CAN RAISE FROM A CHAIR USING MY ARMS WITHOUT PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. I CAN DO PUSH-UPS WITHOUT SHOULDER PAIN	<input type="checkbox"/>	<input type="checkbox"/>		
	5. I CAN DO UP MY BRA OR REACH BEHIND MY BACK WITHOUT PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6. I CAN THROW A BALL WITHOUT PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	7. I CAN SWIM WITHOUT PAIN NOT APPLICABLE IF NOT A SWIMMER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



OUR TEAM AT PHYSICA IS HERE TO HELP YOU REGAIN YOUR HEALTH AND ACTIVITY. CONTACT ONE OF OUR TEAM FOR A CHECKUP FROM ONE OF OUR **PHYSIOTHERAPISTS**