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Orthopaedic Shoulder and Elbow Surgery
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SANE (Single Assessment Numeric Evaluation)

“How would you rate your affected joint/region of interest today as a percentage of normal (0% to 100% scale with 100% being normal)?” _____

“How would you rate your opposite side today as a percentage of normal (0% to 100% scale with 100% being normal)?” _____

Simple Shoulder Test

Dominant Hand (Please Circle): Right Left Ambidextrous

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	

How Did You Hear About Dr. Stenson?