

## Home Assessment of Shoulder Motion

- 1) Stand up straight
- 2) Keep your elbow straight and raise your arm in front of you as depicted to as high as you will go
- 3) Please choose the picture that best describes the maximum amount you are able to raise your arm

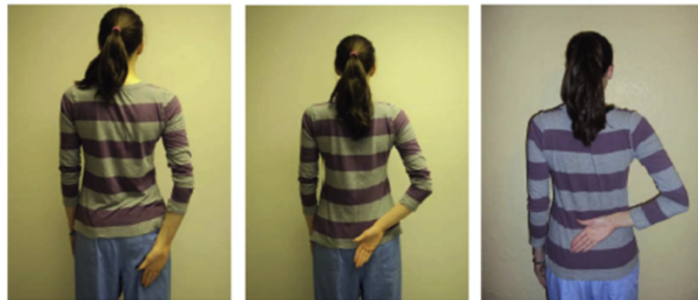


A. 0°    B. 30°    C. 60°    D. 90°



E. 120°    F. 150°    G. 180°

- 1) Stand up straight
- 2) Reach behind your back as high as you can
- 3) Please choose the picture that best describes how far up your back you can reach



A. To your pockets    B. To your tail bone    C. To your lower back

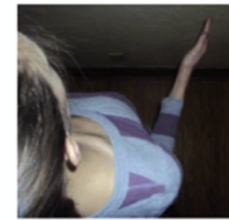


D. To your mid-back    E. To your upper back

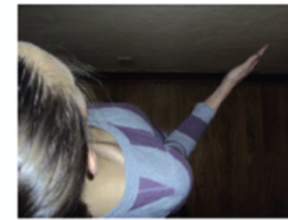
- 1) Stand up straight with your back against the wall
- 2) With your elbows at your side, rotate your forearm out
- 3) Please choose the picture that best describe how far you can rotate your forearm out:



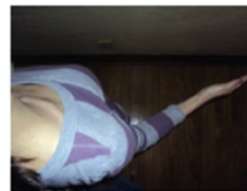
A. 0°



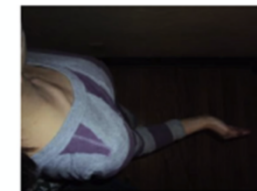
B. 20°



C. 40°



D. 60°



E. 80°

Adapted from Yang, J., Keener, J., Yamaguchi, K., Chen, J., Stobbs-Cucchi, G., Patton, R., Galatz, L. (2015). Reliability of patient self-assessment of shoulder range of motion and strength after shoulder arthroplasty *Journal of Shoulder and Elbow Surgery* 24(1), 1-10.