

Appendix G: OPEN VS. SCOPE SHOULDER STUDY
POST-OP SHOULDER EVALUATION FORM – Physical Therapy
United States Military Academy, June 2004

Study ID: _____

Today's Date: _____

Physical Therapist: _____

Follow-up (circle one): 3 mo., 6 mo., 1 yr., 2 yr., 3 yr., 4 yr., 5 yr.
 10 yr., 15 yr., 20 yr., 25 yr., 30 yr

(AS & E Score Cont.)

Range of Motion	Right		Left	
	Active	Passive	Active	Passive
Total shoulder motion; goniometer preferred				
Forward elevation (maximum arm-trunk angle)				
External rotation (arm comfortable at side)				
External rotation (arm at 90 degrees of abduction)				
Internal rotation (highest posterior anatomy reached with the thumb)				
Cross-body adduction (antecubital fossa to the opposite acromion)				

Strength 5 = Normal 4 = Good 3 = Fair 2 = Poor 1=Flicker 0 = Paralysis	Right					Left						
	Y	N				Y	N					
Forward elevation	0	1	2	3	4	5	0	1	2	3	4	5
Abduction	0	1	2	3	4	5	0	1	2	3	4	5
External rotation (arm comfortably at side)	0	1	2	3	4	5	0	1	2	3	4	5
Internal rotation (arm comfortably at side)	0	1	2	3	4	5	0	1	2	3	4	5

ISOKINETIC EVALUATION

	Concentric ER @ 180°/sec (10 Reps)			Concentric ER @ 450°/sec (20 Reps)		
	Uninvolved	Involved	% of Uninvolved	Uninvolved	Involved	% of Uninvolved
External Rotation						
P. Torque/ Body Wgt						
Total Work						

ROWE Score (Cont.)

STABILITY (circle one)

No Recurrence, Subluxation or Apprehension 50
 Apprehension when placing arm in certain positions 30
 Recurrent Subluxation (not requiring reduction) 10
 Recurrent Dislocation 0

	Concentric IR @ 180°/sec (10 Reps)			Concentric IR @ 450°/sec (20 Reps)		
	Uninvolved	Involved	% of Uninvolved	Uninvolved	Involved	% of Uninvolved
Internal Rotation						
P. Torque/Body Wgt						
Total Work						
ER/IR			Inv/uninvolved			

MOTION (circle one)

100% Normal ER, IR, & Elevation 20
 75% Normal ER, Normal Elevation & IR 15
 50% Normal ER, 75% Normal Elevation & IR 5
 50% Normal Elevation & IR; No ER 0