

**OPEN VS. SCOPE SHOULDER STUDY**  
**POST-OP SHOULDER EVALUATION FORM – Physical Therapy**  
**United States Military Academy, February 2004**

Study ID: \_\_\_\_\_ Follow-up (circle one): 6 mo, 1 yr, 2 yr, 3 yr, 4 yr, 5 yr  
 Today's Date: \_\_\_\_\_  
 Physical Therapist: \_\_\_\_\_

**(ASES)**

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)				

**(ASES)**

Strength 5 = Normal 4 = Good 3 = Fair 2 = Poor 1=Flicker 0 = Paralysis	Right					Left						
Testing affected by pain?	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