Modified ASES Questionnaire 3 2 (SCORE)(1.66)+((10-PAIN)x5 Yes, no trouble Slight trouble Moderate trouble No, I can't Can you throw a ball overhand? Can you sleep on your shoulder comfortably? Can you put on your coat unassisted? Can you wash your back/fasten your bra? Can you use toilet tissue? Can you comb/wash your hair? Can you lift ten pounds (a full gallon container) above the level of your shoulders? Can you reach a shelf over your head? Does your shoulder allow you to work full time at your regular job (or regular activities if you are not working)? Does your shoulder allow you to do your regular sports? ☐ I don't play sports On Average, How much shoulder pain have you experienced in the last weeks? No Pain Extreme Pain

(SCORE)(1.66)+((10-PAIN)x5)