



**SIMPLE ELBOW TEST**

Name: \_\_\_\_\_ Chart# \_\_\_\_\_

Please answer each of the questions below about your left/right elbow by circling "yes" or "no" beside each one. Please do not leave questions unanswered. If you would like to add comments, please do so, on the back of this page.

THANK YOU

1. Is your elbow comfortable with your arm at rest by your side? ..... Yes No
2. Does your elbow allow you to sleep comfortably? ..... Yes No
3. Does your elbow allow you reach the small of your back to tuck in your shirt? ..... Yes No
4. Can you place your hand behind your head with the elbow straight out to the side? ..... Yes No
5. Will your elbow allow you to pull on socks or stockings? ..... Yes No
6. Does your elbow allow you to lift one pound to the level of your shoulder? ..... Yes No
7. Can you use your arm to help you rise from a chair? ..... Yes No
8. Will your elbow allow you to carry 20 pounds at your side? ..... Yes No
9. Will your elbow allow you to comb your hair? ..... Yes No
10. Will your elbow allow you to throw a ball with this arm? ..... Yes No
11. Will your elbow allow you to wash the back of your opposite shoulder? ..... Yes No
12. Would your elbow allow you to work full-time at your regular job? ..... Yes No