

UW Medicine

Bone and Joint Center – Shoulder and Elbow Team
4245 Roosevelt Way NE Seattle, WA 98105-6920 campus Box 354740

Simple Elbow Test

Dominant Hand (*fill in only one circle*): Right Left Ambidextrous

Please answer YES or NO for both of your elbows

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

Office Use Only – For Physician to Fill Out

R	Cont	INST	FInR	TeEl	DiBi	LoBo	TraA	RheA	FArh	UlnN
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Other:									
L	Cont	INST	FInR	TeEl	DiBi	LoBo	TraA	RheA	FArh	UlnN
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Other:									

Affix Pt Label Here

Name:
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DOB:
DOS: