



Pre-Op Upper Body Range of Motion

Use the space below to document your current range of motion before surgery as well as any pain associated with each movement.

Shoulder Flexion

Y N Full Range of Motion?

Y N Pain with Movement?

Can You Reach Your Bra Strap? (Internal Rotation)

Y N Full Range of Motion?

Y N Pain with Movement?

Shoulder Abduction

Y N Full Range of Motion?

Y N Pain with Movement?

Can You Reach Overhead to Style Your Hair? (External Rotation)

Y N Full Range of Motion?

Y N Pain with Movement?

Notes:
