Kerlan-jobe Orthopaedic Clinic Shoulder & Elbow Score

Name		Age	Sex	Dominant Hand (R)	(L)	_ (Ambidextro	ous)
Date of Exa	amination		Sport	Position	_ Years Played _		
	wer the following questions r						
						YES	NO
1. Is your a	rm currently injured?						
2. Are you	currently active in your sport	?					
3. Have you missed game or practice time in the last year due to an injury to your shoulder or elbow?							
4. Have you	u been diagnosed with an inju	ıry to your s	houlder or elbo	w other than a strain or spr	ain?		
If yes, wl	nat was the diagnosis?		_				
5. Have you received treatment for an injury to your shoulder or elbow?							
If yes, wl	nat was the treatment? (Chec	k all that ap	ply)				
☐ Res	t Therapy Surgery	(please des	scribe):				
	cribe your level of competition	=	=	raellagiata			
•	, ,	:SSIOHAH IVIIH	or League, inter	collegiate,			
_	ool as the choices) the highest level of competiti	on vou'vo n	articipated at2				
	your current level of competi		_				
	urrent level of competition is						
	evel, do you feel it is due to a					ш	_
iligilest i	evel, do you leel it is due to a	ii iiijui y to y	our arm:				
Please che	ck the ONE category only tha	it best descr	ribes vour curre	nt status:			
	Playing without any arm tro			ring, but with arm trouble			
	Not playing due to arm trou			ying, but with arm trouble			
_	. Tot playing and to all it is						
Instruction	s to athletes:						
	The following questions cor	ncern your p	hysical function	ning during game and practi	ce conditions.		
	Unless otherwise specified,		-				
	X along the horizontal line t						
	•		•				
	1. How difficult is it for you	to get loose	e or warm prior	to competition or practice?			
	Never feel loose during				→ Normal warm-up		
	games or practice			ľ	time		
	Sames or braduce						
	2. How much pain do you e	xperience ir	n your shoulder	or elbow?			
	Dain at root				No pain with		
	Pain at rest				No pain with competition		
	3. How much weakness and	l/or fatigue	(ie, loss of stren	gth) do you experience in y	our shoulder or	elbow?	
	•				•		
	Weakness or				weakness, norma		
	fatigue preventing any competition			CC	mpetition fatigue		
	arry competition						

