

## Evaluation Sheet for Ability to Play Sports with Shoulder Problem (JSS Shoulder Sports Score; JSS-SSS)

Registration Number :	Patient Name:	Sex : M / F
Date of Birth:      day /mo      yr      (Age:      )	Date of Record:      day /mo /yr	
Kind of Sports:	Level of Competition:	
Diagnosis:                      R / L	Hand dominance: R / L	Method of Treatment:
Date of Surgery:      day /mo /yr	Treatment: before or after	Person recorded:

<b>I . Ability as player (50 points)</b> Same as before injury (his best record) <span style="float: right;">50</span> As same as before injury (his best record) but not exactly 100% <span style="float: right;">40</span> 75% of before injury (his best record) <span style="float: right;">30</span> 50% of before injury (his best record) <span style="float: right;">20</span> Below 50% of before injury (his best record) <span style="float: right;">10</span> Unable to participate <span style="float: right;">0</span> *Use his best record for player with multiple injuries. *Use his score before injury for player with single injury.																																														
<b>II . Pain (30 points)</b> None <span style="float: right;">30</span> No pain while playing sports but occasional pain after sports <span style="float: right;">25</span> No Pain while playing sports but always pain after sports <span style="float: right;">20</span> Occasional pain while playing sports <span style="float: right;">15</span> Able to play sports but constant pain while playing sports <span style="float: right;">10</span> Unable to continue to play sports due to pain <span style="float: right;">0</span> Phase of pain; Wind-up, Cocking, Accelerating, Follow-through																																														
<b>III . Muscle strength (10 points)</b> Measure in sitting position. (Degrees; involved side / normal side) (Compare with normal side. Choose most affected motion) Muscles: abductor · external rotator Manual muscle test : 5 <span style="float: right;">10</span> Manual muscle test : 4(+) <span style="float: right;">5</span> Manual muscle test : 4 <span style="float: right;">3</span> Manual muscle test : 3 or less <span style="float: right;">0</span>																																														
<b>IV . Range of motion (10 points)</b> Measure in sitting position. (Degrees; involved side / normal side) (Compare with normal side. Choose most affected motion) <table style="width: 100%; margin-top: 10px;"> <thead> <tr> <th style="text-align: left;">Abduction ( / )</th> <th style="text-align: center;">10</th> <th style="text-align: left;">External rotation with arm down ( / )</th> <th style="text-align: center;">10</th> <th style="text-align: left;">Internal rotation ( / )</th> <th style="text-align: center;">10</th> </tr> </thead> <tbody> <tr> <td>160 ~ 180°</td> <td style="text-align: center;">10</td> <td>60° or more</td> <td style="text-align: center;">10</td> <td>To Th8</td> <td style="text-align: center;">10</td> </tr> <tr> <td>140 ~ 159°</td> <td style="text-align: center;">8</td> <td>50 ~ 59°</td> <td style="text-align: center;">8</td> <td>To Th12</td> <td style="text-align: center;">8</td> </tr> <tr> <td>120 ~ 139°</td> <td style="text-align: center;">6</td> <td>40 ~ 49°</td> <td style="text-align: center;">6</td> <td>To L3</td> <td style="text-align: center;">6</td> </tr> <tr> <td>90 ~ 119°</td> <td style="text-align: center;">4</td> <td>30 ~ 39°</td> <td style="text-align: center;">4</td> <td>To L5</td> <td style="text-align: center;">4</td> </tr> <tr> <td>60 ~ 89°</td> <td style="text-align: center;">2</td> <td>20 ~ 29°</td> <td style="text-align: center;">2</td> <td>To sacrum</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Below 60°</td> <td style="text-align: center;">0</td> <td>Below 20°</td> <td style="text-align: center;">0</td> <td>Below buttock</td> <td style="text-align: center;">0</td> </tr> </tbody> </table>					Abduction ( / )	10	External rotation with arm down ( / )	10	Internal rotation ( / )	10	160 ~ 180°	10	60° or more	10	To Th8	10	140 ~ 159°	8	50 ~ 59°	8	To Th12	8	120 ~ 139°	6	40 ~ 49°	6	To L3	6	90 ~ 119°	4	30 ~ 39°	4	To L5	4	60 ~ 89°	2	20 ~ 29°	2	To sacrum	2	Below 60°	0	Below 20°	0	Below buttock	0
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