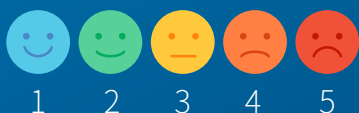


## Rate your shoulder pain



The tipping point for most people struggling with shoulder pain is about a pain level of four or five. This is typically when their pain or loss of function becomes debilitating, and they turn to a shoulder physician for expert treatment.

## Score your self-assessment

If you've answered **YES** to one or more questions in the symptoms checker (at right), it's time to consult a shoulder care expert. Take note of anything else that comes to mind about what you're experiencing before your appointment. The more details you can share with your specialist, the better.

**Early intervention makes a difference.** Request an appointment online at

**FloridaOrtho.com**

# Help! What's going on with my shoulder?

Get a headstart on the diagnosis process by completing this symptoms checker, then share your results with a shoulder specialist during your initial consultation.

- YES**  **NO** **Is your shoulder tender when touched?**
- YES**  **NO** **Is your shoulder visibly deformed?**
- YES**  **NO** **Does your shoulder "crackle" when you move it?**
- YES**  **NO** **Does your shoulder feel weak or unstable when making any lifting motions, such as:**
  - *Trying to pick up a small child or heavy object?*
  - *Carrying a full laundry basket?*
  - *Storing a carry-on into overhead storage?*
- YES**  **NO** **Do you feel pain doing common tasks, such as:**
  - *Putting on/removing shirts or jackets?*
  - *Looping belts through pant belt loops?*
  - *Pulling your seatbelt down from behind you in a car?*
  - *Resting on your sore shoulder at night when in bed?*
  - *Reaching up to get something from a high shelf?*
  - *Washing, brushing or styling your hair?*
- YES**  **NO** **Does your shoulder hurt while making certain movements with sports or exercise, such as:**
  - *Working out with free weights?*
  - *Throwing a ball overhand?*
  - *Serving in tennis or pickleball?*
  - *Using a rowing machine?*
  - *Doing pull downs or chest presses?*