Department of Veterans Affairs	SHOULDER AND ARM CONDITIONS DISABILITY BENEFITS QUESTIONNAIRE				
IMPORTANT - THE DEPARTMENT OF VETERANS AFFAIRS (VA) WILL NOT PAY OR REIMBURSE ANY EXPENSES OR COST INCURRED IN THE PROCESS OF COMPLETING AND/OR SUBMITTING THIS FORM. PLEASE READ THE PRIVACY ACT AND RESPONDENT BURDEN INFORMATION BEFORE COMPLETING FORM.					
NAME OF PATIENT/VETERAN		PATIENT/VETERAN'S	PATIENT/VETERAN'S SOCIAL SECURITY NUMBER		
NOTE TO PHYSICIAN - Your patient is applying to the U.S. Department of Veterans Affairs (VA) for disability benefits. VA will consider the information you provide on this questionnaire as part of their evaluation in processing the veteran's claim.					
	SECTION I - DIAGNOS	SIS			
1A. DOES THE VETERAN NOW HAVE OR HAS HE/SHE	EVER HAD A SHOULDER AND/OR ARM	M CONDITION?			
YES NO (If "Yes," complete Item 1B)					
1B. PROVIDE ONLY DIAGNOSES THAT PERTAIN TO S	HOULDER AND/OR ARM CONDITIONS				
DIAGNOSIS # 1 -	ICD CODE -	DATE OF DIAGNOSIS:	SIDE AFFECTED:		
DIAGNOSIS # 2 -	ICD CODE -	DATE OF DIAGNOSIS:	SIDE AFFECTED:		
DIAGNOSIS # 3 -	ICD CODE -	DATE OF DIAGNOSIS:			
1C. IF THERE ARE ADDITIONAL DIAGNOSES THAT PERTAIN TO SHOULDER AND/OR ARM CONDITIONS, LIST USING ABOVE FORMAT:					
2A. DESCRIBE THE HISTORY (including onset and cou	SECTION II - MEDICAL HIS				
2B. DOMINANT HAND:					
	SECTION III - FLARE-U	IDS			
3 DOES THE VETERAN REPORT THAT ELARE-LIPS IN					
3. DOES THE VETERAN REPORT THAT FLARE-UPS IMPACT THE FUNCTION OF THE SHOULDER AND/OR ARM? YES NO IF YES, DOCUMENT THE VETERAN'S DESCRIPTION OF THE IMPACT OF FLARE-UPS IN HIS OR HER OWN WORDS:					
	I IV - INITIAL RANGE OF MOTION (,			
 MEASURE ROM WITH A GONIOMETER, ROUNDING POINT AT WHICH PAINFUL MOTION BEGINS, EVIDE MEASUREMENTS BELOW. 					
FOLLOWING THE INITIAL ASSESSMENT OF ROM, PERFORM REPETITIVE USE TESTING. FOR VA PURPOSES, REPETITIVE USE TESTING MUST BE INCLUDED IN ALL JOINT EXAMS. THE VA HAS DETERMINED THAT 3 REPETITIONS OF ROM (<i>at a minimum</i>) CAN SERVE AS A REPRESENTATIVE TEST OF THE EFFECT OF REPETITIVE USE. AFTER THE INITIAL MEASUREMENT, REASSESS ROM AFTER 3 REPETITIONS. REPORT POST-TEST MEASUREMENTS IN SECTION 5.					
A. RIGHT SHOULDER FLEXION					
Select where flexion ends (normal endpoint is 180 degrees): 0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170 175 180					
Select where objective evidence of painful motion begin	IS:				
No objective evidence of painful motion 0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170 175 180					

SECTION IV - INITIAL RANGE OF MOTION (ROM) MEASUREMENTS (Continued)				
B. RIGHT SHOULDER ABDUCTION				
Select where abduction ends (normal endpoint is 180 degrees):				
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$				
Select where objective evidence of painful motion begins:				
No objective evidence of painful motion				
C LEFT SHOULDER FLEXION				
Select where flexion ends (normal endpoint is 180 degrees):				
$ 0 \boxed{5} \boxed{10} \boxed{15} \boxed{20} \boxed{25} \boxed{30} \boxed{35} \boxed{40} \boxed{45} \boxed{50} \boxed{55} \boxed{60} \boxed{65} $				
Select where objective evidence of painful motion begins:				
D. LEFT SHOULDER ABDUCTION				
Select where abduction ends (normal endpoint is 180 degrees):				
140 145 150 155 160 165 170 175 180				
Select where objective evidence of painful motion begins:				
No objective evidence of painful motion				
E. IF ROM DOES NOT CONFORM TO THE NORMAL RANGE OF MOTION IDENTIFIED ABOVE BUT IS NORMAL FOR THIS VETERAN (for reasons other than a				
shoulder or arm condition, such as age, body habitus, neurologic disease), EXPLAIN:				
SECTION V - ROM MEASUREMENTS AFTER REPETITIVE USE TESTING				
5A. IS THE VETERAN ABLE TO PERFORM REPETITIVE-USE TESTING WITH 3 REPETITIONS?				
IF UNABLE, PROVIDE REASON:				
IF VETERAN IS UNABLE TO PERFORM REPETITIVE-USE TESTING, SKIP TO SECTION VI.				
IF VETERAN IS ABLE TO PERFORM REPETITIVE-USE TESTING, MEASURE AND REPORT ROM AFTER A MINIMUM OF 3 REPETITIONS.				
5B. RIGHT SHOULDER POST-TEST ROM				
Select where flexion ends:				
Select where abduction ends:				

SECTION V - ROM MEASUREMENTS AFTER REPETITIVE USE TESTING (Continued)				
5C. LEFT SHOULDER POST-TEST ROM				
Select where flexion ends:				
Select where abduction ends:				
140 145 150 155 160 165 170 175 180				
SECTION VI - FUNCTIONAL LOSS AND ADDITIONAL LIMITATION IN ROM				
THE FOLLOWING SECTION ADDRESSES REASONS FOR FUNCTIONAL LOSS, IF PRESENT, AND ADDITIONAL LOSS OF ROM AFTER REPETITIVE-USE TESTING.				
IF PRESENT, AND ADDRESSES REASONS FOR FUNCTIONAL LOSS, IF PRESENT, AND ADDITIONAL LOSS OF ROM AFTER REPETITIVE-USE TESTING, IF PRESENT. THE VA DEFINES FUNCTIONAL LOSS AS THE INABILITY TO PERFORM NORMAL WORKING MOVEMENTS OF THE BODY WITH NORMAL EXCURSION, STRENGTH, SPEED, COORDINATION AND/OR ENDURANCE.				
6A. DOES THE VETERAN HAVE ADDITIONAL LIMITATION IN ROM OF THE SHOULDER AND ARM FOLLOWING REPETITIVE-USE TESTING?				
YES NO				
6B. DOES THE VETERAN HAVE ANY FUNCTIONAL LOSS AND/OR FUNCTIONAL IMPAIRMENT OF THE SHOULDER AND ARM?				
YES NO				
6C. IF THE VETERAN HAS FUNCTIONAL LOSS, FUNCTIONAL IMPAIRMENT AND/OR ADDITIONAL LIMITATION OF ROM OF THE SHOULDER AND ARM AFTER				
REPETITIVE USE, INDICATE THE CONTRIBUTING FACTORS OF DISABILITY BELOW (check all that apply and indicate side affected):				
NO FUNCTIONAL LOSS FOR RIGHT UPPER EXTREMITY				
NO FUNCTIONAL LOSS FOR LEFT UPPER EXTREMITY				
LESS MOVEMENT THAN NORMAL Right Left Both				
MORE MOVEMENT THAN NORMAL Right Left Both				
EXCESS FATIGABILITY				
INCOORDINATION, IMPAIRED ABILITY Right Left Both TO EXECUTE SKILLED MOVEMENTS SMOOTHLY				
PAIN ON MOVEMENT Right Left Both				
SWELLING Right Left Both				
SECTION VII - PAIN (pain on palpation)				
7A. DOES THE VETERAN HAVE LOCALIZED TENDERNESS OR PAIN ON PALPATION OF JOINTS/SOFT TISSUE/BICEPS TENDON OF EITHER SHOULDER?				
YES NO IF YES, SHOULDER AFFECTED: Right Left Both				
7B. DOES THE VETERAN HAVE GUARDING OF EITHER SHOULDER?				
YES NO IF YES, SHOULDER AFFECTED: Right Left Both				
SECTION VIII - MUSCLE STRENGTH TESTING				
8. RATE STRENGTH ACCORDING TO THE FOLLOWING SCALE:				
0/5 NO MUSCLE MOVEMENT				
1/5 PALPABLE OR VISIBLE MUSCLE CONTRACTION, BUT NO JOINT MOVEMENT				
2/5 ACTIVE MOVEMENT WITH GRAVITY ELIMINATED				
3/5 ACTIVE MOVEMENT AGAINST GRAVITY				
4/5 ACTIVE MOVEMENT AGAINST SOME RESISTANCE				
5/5 NORMAL STRENGTH				
SHOULDER ABDUCTION Right 5/5 4/5 3/5 1/5 0/5				
Left 5/5 4/5 3/5 1/5 0/5				
SHOULDER FORWARD FLEXION: Right 5/5 4/5 3/5 2/5 1/5 0/5				
Left 5/5 4/5 3/5 2/5 1/5 0/5				
SECTION IX - ANKYLOSIS				
9. DOES THE VETERAN HAVE ANKYLOSIS OF THE GLENOHUMERAL ARTICULATION (SHOULDER JOINT)?				
YES NO				
ABDUCTION TO 60 DEGREES; CAN REACH MOUTH AND HEAD				
ABDUCTION LIMITED TO BETWEEN 60 AND 25 DEGREES				
ABDUCTION LIMITED TO 25 DEGREES FROM THE SIDE				

SECTION X - SPECIFIC TESTS FOR ROTATOR CUFF CONDITIONS				
10A. HAWKINS' IMPINGEMENT TEST (Forward flex the arm to 90 degrees with the elbow bent to 90 degrees. Internally rotate arm. Pain on internal rotation indicates a positive test; may signify rotator cuff tendinopathy or tear)				
IF POSITIVE, SIDE AFFECTED: Right Left Both				
10B. EMPTY-CAN TEST (Abduct arm to 90 degrees and forward flex 30 degrees. Patient turns thumbs down and resists downward force applied by the examiner. Weakness indicates a positive test; may indicate rotator cuff pathology, including supraspinatus tendinopathy or tear)				
IF POSITIVE, SIDE AFFECTED: Right Left Both				
10C. EXTERNAL ROTATION/INFRASPINATUS STRENGTH TEST (Patient holds arms at side with elbow flexed 90 degrees. Patient externally rotates against resistance Weakness indicates a positive test; may be associated with infraspinatus tendinopathy or tear)				
IF POSITIVE, SIDE AFFECTED:				
10D. LIFT-OFF SUBSCAPULARIS TEST (Patient internally rotates arm behind lower back, pushes against examiner's hand. Weakness indicates a positive test; may indicate subscapularis tendinopathy or tear)				
IF POSITIVE, SIDE AFFECTED: Right Left Both				
SECTION XI - HISTORY AND SPECIFIC TESTS FOR INSTABILITY/DISLOCATION/LABRAL PATHOLOGY				
11A. IS THERE A HISTORY OF MECHANICAL SYMPTOMS (clicking, catching, etc.)?				
YES NO IF YES, SIDE AFFECTED: Right Left Both				
11B. IS THERE A HISTORY OF RECURRENT DISLOCATION (subluxation) OF THE GLENOHUMERAL (scapulohumeral) JOINT?				
YES NO IF YES, INDICATE FREQUENCY, SEVERITY AND SIDE AFFECTED (check all that apply):				
INFREQUENT EPISODES Right Left Both				
FREQUENT EPISODES Right Left Both				
GUARDING OF MOVEMENT ONLY AT Right Left Both				
GUARDING OF ALL ARM MOVEMENTS Right Left Both				
11C. CRANK APPREHENSION AND RELOCATION TEST (With patient supine, abduct patient's arm to 90 degrees and flex elbow 90 degrees. Pain and sense of				
instability with further external rotation may indicate shoulder instability)				
SECTION XII - HISTORY AND SPECIFIC TESTS FOR CLAVICLE, SCAPULA, ACROMIOCLAVICULAR (AC) JOINT AND STERNOCLAVICULAR JOINT CONDITIONS				
12A. DOES THE VETERAN HAVE AN AC JOINT CONDITION OR ANY OTHER IMPAIRMENT OF THE CLAVICLE OR SCAPULA?				
IF YES, INDICATE SEVERITY AND SIDE AFFECTED MALUNION OF CLAVICLE OR SCAPULA Right Both				
NONUNION OF CLAVICLE OR SCAPULA Right Left Both WITHOUT LOOSE MOVEMENT Image: State of the state of t				
NONUNION OF CLAVICLE OR SCAPULA Right Left Both WITH LOOSE MOVEMENT Right Left Both				
DISLOCATION (ACROMIOCLAVICULAR SEPARATION OR STERNOCLAVICULAR DISLOCATION)				
OTHER (Describe)				
12B. IS THERE TENDERNESS ON PALPATION OF THE AC JOINT?				
12C. CROSS-BODY ADDUCTION TEST (Passively adduct arm across the patient's body toward the contralateral shoulder. Pain may indicate acromioclavicular joint				
IF POSITIVE, SIDE AFFECTED:				

SECTION XIII - JOINT REPLACEMENT AND/OR OTHER SURGICAL PROCEDURES
13A. HAS THE VETERAN HAD A TOTAL SHOULDER JOINT REPLACEMENT?
YES NO
IF YES, INDICATE SIDE AND SEVERITY OF RESIDUALS
DATE OF SURGERY:
RESIDUALS:
CHRONIC RESIDUALS CONSISTING OF SEVERE PAINFUL MOTION AND/OR WEAKNESS
DATE OF SURGERY:
RESIDUALS:
NONE
INTERMEDIATE DEGREES OF RESIDUAL WEAKNESS, PAIN AND/OR LIMITATION OF MOTION
CHRONIC RESIDUALS CONSISTING OF SEVERE PAINFUL MOTION AND/OR WEAKNESS
OTHER (Describe)
13B. HAS THE VETERAN HAD ARTHROSCOPIC OR OTHER SHOULDER SURGERY?
YES NO IF YES, INDICATE SIDE AFFECTED:
DATE AND TYPE OF SURGERY:
13C. DOES THE VETERAN HAVE ANY RESIDUAL SIGNS AND/OR SYMPTOMS DUE TO ARTHROSCOPIC OR OTHER SHOULDER SURGERY?
YES INDICATE SIDE AFFECTED:
IF YES, DESCRIBE RESIDUALS:
SECTION XIV - OTHER PERTINENT PHYSICAL FINDINGS, COMPLICATIONS, CONDITIONS, SIGNS AND/OR SYMPTOMS
14A. DOES THE VETERAN HAVE ANY SCARS (surgical or otherwise) RELATED TO ANY CONDITIONS OR TO THE TREATMENT OF ANY CONDITIONS LISTED IN SECTION 1, DIAGNOSIS?
YES NO
IF YES, ARE ANY OF THE SCARS PAINFUL/OR UNSTABLE, OR IS THE TOTAL AREA OF ALL RELATED SCARS GREATER THAN 39 SQUARE cm (6 square inches)?
TYES NO
IF YES, ALSO COMPLETE VA FORM 21-0960F-1, SCARS/DISFIGUREMENT DISABILITY BENEFITS QUESTIONNAIRE.
14B. DOES THE VETERAN HAVE ANY OTHER PERTINENT PHYSICAL FINDINGS, COMPLICATIONS, CONDITIONS, SIGNS AND/OR SYMPTOMS RELATED TO ANY CONDITIONS LISTED IN SECTION 1, DIAGNOSIS?
YES NO IF YES, DESCRIBE (Brief summary):
SECTION XV - REMAINING EFFECTIVE FUNCTION OF THE EXTREMITIES
15. DUE TO THE VETERAN'S SHOULDER AND/OR ARM CONDITIONS, IS THERE FUNCTIONAL IMPAIRMENT OF AN EXTREMITY SUCH THAT NO EFFECTIVE FUNCTION REMAINS OTHER THAN THAT WHICH WOULD BE EQUALLY WELL SERVED BY AN AMPUTATION WITH PROSTHESIS? (Functions of the upper extremity include grasping, manipulation, etc)
YES, FUNCTIONING IS SO DIMINISHED THAT AMPUTATION WITH PROSTHESIS WOULD EQUALLLY SERVE THE VETERAN.
IF YES, INDICATE EXTREMITY(IES) (check all extremities for which this applies):
Right upper Left upper
FOR EACH CHECKED EXTREMITY, DESCRIBE LOSS OF EFFECTIVE FUNCTION, IDENTIFY THE CONDITION CAUSING LOSS OF FUNCTION, AND PROVIDE SPECIFIC EXAMPLES (<i>brief summary</i>):

	SECTION XVI - DIAGNOSTIC TESTING				
NOTE: The diagnosis of degenerative arthritis further imaging studies are required by VA, ev	s (osteoarthritis) or traumatic arthritis must be confirmed by ven if arthritis has worsened.	imaging studies. Once such	a arthritis has been documented, no		
16A. HAVE IMAGING STUDIES OF THE SHOUL	16A. HAVE IMAGING STUDIES OF THE SHOULDER BEEN PERFORMED AND ARE THE RESULTS AVAILABLE?				
IF YES, IS DEGENERATIVE OR TRAUMATIC	ARTHRITIS DOCUMENTED?				
YES NO					
IF YES, INDICATE SHOULDER:					
Right Left Both					
16B. ARE THERE ANY OTHER SIGNIFICANT D	DIAGNOSTIC TEST FINDINGS AND/OR RESULTS?				
IF YES, PROVIDE TYPE OF TEST OR PROCEE	OURE, DATE AND RESULTS (Brief summary):				
	SECTION XVII - FUNCTIONAL IMPACT				
17. DOES THE VETERAN'S SHOULDER AND/C	OR ARM CONDITION IMPACT HIS OR HER ABILITY TO WOR	RK?			
YES NO					
IF YES, DESCRIBE THE IMPACT OF EACH OF	THE VETERAN'S SHOULDER AND/OR ARM CONDITIONS	PROVIDING ONE OR MOR	E EXAMPLES:		
	SECTION XVIII - REMARKS				
18. REMARKS (If any)					
	SECTION XIX - PHYSICIAN'S CERTIFICATION AND				
-	lge, the information contained herein is accurate, complete a	ind current.			
19A. PHYSICIAN'S SIGNATURE	19B. PHYSICIAN'S PRINTED NAME		19C. DATE SIGNED		
19D. PHYSICIAN'S PHONE AND FAX NUMBER	19E. PHYSICIAN'S MEDICAL LICENSE NUMBER	19F. PHYSICIAN'S ADDR	ESS		
19D. PHYSICIAN'S PHONE AND FAX NUMBER					
NOTE - VA may request additional medical inf	formation, including additional examinations, if necessary to	complete VA's review of t	he veteran's application.		
IMPORTANT - Physician please fax the compl	eted form to				
		(VA Regional Office FAX	/		
NOTE - A list of VA Regional Office FAX Numbers can be found at <u>www.vba.va.gov/disabilityexams</u> or obtained by calling 1-800-827-1000.					
PRIVACY ACT NOTICE: VA will not disclose information collected on this form to any source other than what has been authorized under the Privacy Act of 1974 or Title 38, Code of Federal Regulations 1.576 for routine uses (i.e., civil or criminal law enforcement, congressional communications, epidemiological or research studies, the collection of money owed to the United States, litigation in					
which the United States is a party or has an interest, the administration of VA programs and delivery of VA benefits, verification of identity and status, and personnel administration) as identified in the VA system of records, 58/VA21/22/28, Compensation, Pension, Education and Vocational Rehabilitation and Employment Records - VA, published in the Federal Register. Your obligation to respond is					
voluntary. VA uses your SSN to identify your claim file. Providing your SSN will help ensure that your records are properly associated with your claim file. Giving us your SSN account information is					
voluntary. Refusal to provide your SSN by itself will not result in the denial of benefits. VA will not deny an individual benefits for refusing to provide his or her SSN unless the disclosure of the SSN is required by a Federal Statute of law in effect prior to January 1, 1975, and still in effect. The requested information is considered relevant and necessary to determine maximum benefits under the law. The					
responses you submit are considered confidential (38 U.S.C. 5701). Information submitted is subject to verification through computer matching programs with other agencies.					
RESPONDENT BURDEN: We need this information to determine entitlement to benefits (38 U.S.C. 501). Title 38, United States Code, allows us to ask for this information. We estimate that you will need an average of 30 minutes to review the instructions, find the information, and complete the form. VA cannot conduct or sponsor a collection of information unless a valid OMB control number is					
displayed. You are not required to respond to a co	ollection of information if this number is not displayed. Valid O	MB control numbers can be l			
www.reginfo.gov/public/do/PRAMain. If desired, you can call 1-800-827-1000 to get information on where to send comments or suggestions about this form.					
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