GIRD Test

Patient's information	
Name:	**Age:**
Dominant shoulder: Left Right	
Date of assessment:	
Examiner name:	**Examiner signature:**

Equipment

- Testing table
- Digital inclinometer

Procedure

1. Position the patient supine with the arm abducted to 90°.
2. Use a digital inclinometer for a reliable shoulder range of motion assessment.
3. Palpate the coracoid process with your thumb to monitor scapular movement.
4. Grasp the wrist and induce internal rotation of the arm.
5. Repeat the assessment on the other shoulder.
6. Measure the total range of motion (TROM) from external to internal rotation.
7. Ensure the TROM falls between 135-180°.
8. Compare the TROM between sides, ensuring the difference is no more than 10°.

Patient's TROM measurements

Dominant shoulder:

Non-dominant shoulder:

Difference in degree:

Patient's results

☐ **Positive:** A difference of more than 10° in the total range of motion for internal and external rotation between both shoulders indicates GIRD.

☐ **Negative:** A difference of less than 10° in the total range of motion for internal and external rotation between both shoulders does not necessarily indicate GIRD.

Additional notes