

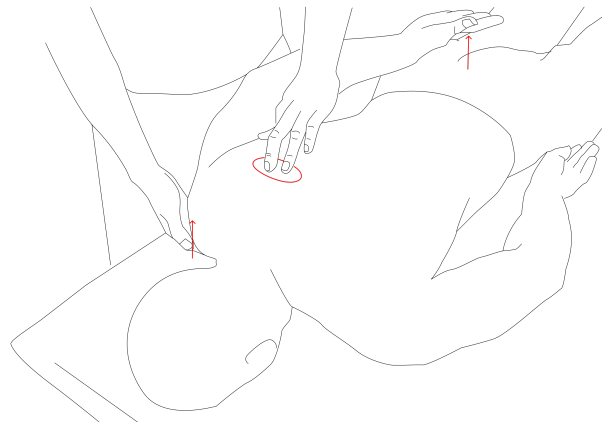
Rhomboid Manual Muscle Test

Patient's name: _____ Age: _____ Gender: _____

Examiner: _____ Date: _____

Test procedure

1. Lay the patient face down on an examination table at around waist height, and stand on the side of the arm to be tested.
2. Place the hand of the tested arm behind them, palm up on the middle of their buttocks at around the level of their back pocket.
3. Use one hand to palpate the medial border of the scapula with your index finger.
4. Use another hand to pull back the shoulder on the affected side with slight force, and ask your patient to resist it.
5. Ask your patient to raise their hand away from their buttocks while maintaining resistance on the shoulder.



Results and interpretation

Positive result: The palpating finger is not pushed away.

Negative result: The finger palpating the medial border of the scapula is pushed away, which means the rhomboids are normal.

Additional notes

Magee, D. J. (2014). *Orthopedic physical assessment (6th ed.)*. Elsevier Saunders.

Physiotutors. (2015, December 8). *Rhomboid Strength Test*. YouTube. <https://www.youtube.com/watch?v=Gn3s7sVtyWo>