

Scapular Retraction Test (SRT)

Name: _____ Date: _____

The Scapular Retraction Test (SRT) is a diagnostic procedure used to evaluate shoulder joint stability and integrity. This test aims to replicate the action of the rhomboid and trapezius muscles, which are responsible for scapular retraction.

Instructions

1. Ensure the patient is in a seated position, with their back facing you.
2. Stand behind the patient. Locate their scapulae with your hands.
3. Ask the patient to retract their scapulae (pull them backward, as if they were trying to pinch a pencil between them).
4. While the patient maintains this position, apply gentle but firm pressure medially (toward the spine) on each scapula using your hands.
5. Instruct the patient to resist your pressure, striving to keep their scapulae retracted.
6. Observe and evaluate the patient's ability to resist your pressure. Lack of strength, pain, or discomfort during resistance could indicate a possible dysfunction or injury.
7. Document your findings, noting any positive signs such as pain, weakness, or inability to maintain scapular retraction against resistance.

Reminders

- Always ensure the patient's comfort is prioritized during the test.
- Be mindful of any sharp or acute pain the patient may experience during the test, and stop the procedure if necessary.
- Maintain a professional demeanor and communicate clearly with the patient throughout the test.
- Keep accurate records of all findings, as they are essential for diagnosis and treatment planning.
- Always perform this test and interpret the results in the context of a full clinical evaluation. Never use the results of this test in isolation to make a diagnosis.

Additional Notes