

Shoulder Mobility Test

Patient Information

Name:

Date:

Instructions

1. Begin by measuring the hand length of the patient. Determine the distance from the wrist crease to the tip of the third digit in inches. This measurement serves as a baseline for comparison.
2. Instruct the patient to stand comfortably with their back facing you. Ensure they are relaxed and not slouching.
3. Prompt the patient to create a fist with each hand, tucking the thumb inside the fist. Ensure that both hands are in the same position and maintain this fist position throughout the assessment.
4. Instruct the patient to position one shoulder maximally abducted (raised to the side), extended (moved backward), and internally rotated (turned inward). Ensure they maintain the fist position with this shoulder.
5. Simultaneously, instruct the patient to position the other shoulder maximally abducted (raised to the side), flexed (raised forward), and externally rotated (turned outward). Again, ensure they maintain the fist position with this shoulder.
6. With both shoulders positioned as instructed, the patient should smoothly rest their fists on their back. Measure the distance between the two nearest bony prominences on their back. This distance indicates the extent of shoulder mobility and flexibility.
7. The test can be conducted up to three times on each side to ensure consistency and accuracy of the measurements.
8. Evaluate the measured distance between the fists placed on the back. A greater distance indicates better shoulder mobility, while a smaller distance suggests limited mobility or restrictions in shoulder movement.
9. Record the measured distances and any observations regarding shoulder mobility in the patient's medical records. Document any pain or discomfort experienced during the assessment.
10. Based on the findings of the shoulder mobility assessment, further evaluation or interventions may be necessary to address any identified issues or limitations in shoulder function.

Findings

Additional Notes

Reference

Cook, G., Burton, L., Hoogenboom, B. J., & Voight, M. (2014). Functional movement screening: the use of fundamental movements as an assessment of function-part 2. *International Journal of Sports Physical Therapy*, 9(4), 549–563. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4127517/>