

# Shoulder Range of Motion Tests

Name: \_\_\_\_\_ Date: \_\_\_\_\_

A Range of Motion Test The test involves systematically moving a joint or body segment through its full range of potential motions, while observing and measuring the degree of movement possible. The results of the test can help diagnose joint issues, muscle tightness, ligament injuries, and other musculoskeletal problems.

## Preparation before the tests

Ensure the patient's shoulder is accessible for examination. Adjust clothing if necessary.

- Create a calm and reassuring environment to help the patient relax.
- Briefly explain the purpose of the test to the patient. Let them know that you will gently move their shoulder to assess its range of motion and any potential restrictions.

## Passive Range of Motion (PROM) Test for Shoulder

1. Stand or sit on the side of the patient's shoulder you're testing.
2. Use one hand to stabilize their scapula (shoulder blade) to prevent excessive movement of the scapula during the test.
3. Place your other hand under the patient's forearm, just above the wrist, to support their arm during the movements.
4. Gently lift the patient's arm forward, bringing it in front of their body. Stop if you encounter any resistance or discomfort.
5. Observe the patient's facial expressions and ask if they feel any pain or discomfort.
6. Slowly raise the patient's arm to the side, away from their body, again watching for any signs of discomfort.
7. Do not force the movement; only move the arm as far as it comfortably goes.
8. Gently rotate the patient's arm outward, away from their body, while keeping their elbow close to their side.
9. Pay attention to any signs of tightness or pain in the shoulder.
10. Now, gently rotate the patient's arm inward, across their body. Stop if there's any resistance or discomfort.
11. Note how far the arm can comfortably move across the body.
12. Slowly move the patient's arm backward, behind their body. Monitor for any signs of discomfort or limited movement.
13. As you move the arm through each motion, observe the patient's reactions closely.
14. Document the degree of movement achieved for each motion using a goniometer if available.
15. If you're assessing both shoulders, repeat the entire process on the other shoulder.

### **Active Range of Motion (AROM) Test for Shoulder**

1. Ask the patient to slowly raise their arm forward, in front of their body, as high as they comfortably can.
2. Observe their movement and facial expressions, ensuring they're moving smoothly.
3. Instruct the patient to lift their arm to the side, away from their body, within their comfortable range.
4. Remind them to use their own strength and not to force the movement.
5. Guide the patient to rotate their arm outward, away from their body. Make sure they maintain proper posture during this movement.
6. Ask the patient to rotate their arm inward, across their body, without any discomfort.
7. Emphasize the importance of smooth, controlled movements.
8. Instruct the patient to slowly move their arm backward, behind their body, within their comfortable range.
9. Remind them not to strain or push beyond their limits.
10. As the patient performs each movement, observe their execution closely for any signs of discomfort or limitations.
11. Encourage them to breathe naturally and move smoothly.
12. Take note of the patient's ability to perform each movement fully, partially, or if there are restrictions.
13. Provide positive feedback on their efforts and any improvements you notice.
14. If you're assessing both shoulders, guide the patient through the same sequence of movements on the other side.

### **Active-Assistive Range of Motion (AAROM) Test for Shoulder**

1. Ask the patient to start moving their arm forward, and provide gentle assistance by holding their wrist or forearm.
2. Support their movement to help them achieve a slightly greater range of motion.
3. Assist the patient in lifting their arm to the side, away from their body. Provide support to help them reach a comfortable range.
4. Guide the patient's arm to rotate outward, away from their body. Support their movement to prevent strain.
5. Assist the patient in rotating their arm inward, across their body. Provide gentle guidance to help them achieve a comfortable stretch.
6. Help the patient move their arm backward, behind their body. Offer support as needed to enable a controlled movement.
7. As you assist the patient in each movement, observe their comfort level and the fluidity of their motions.

8. Ensure that your assistance is gentle and does not cause any discomfort.
9. Remind the patient to breathe naturally and stay relaxed as they move through the motions.
10. Note the extent of movement achieved with your assistance for each motion.
11. Ensure the patient's shoulder is accessible for examination. Adjust clothing if necessary.
12. If you're assessing both shoulders, repeat the same sequence of assisted movements on the other side.

### **Reminders**

- Use gentle and controlled movements during all tests to prevent discomfort or injury.
- Stop immediately if the person expresses pain or discomfort.
- Consider a brief warm-up before starting the test to prepare the muscles and joints for movement.
- Keep consistent and accurate documentation of the measurements, observations, and progress over time.
- If limitations or concerns are identified, encourage the person to seek further evaluation or guidance from a healthcare provider.

### **Findings and additional notes**