

SHOULDER JOINT COMPLEX WORKSHEET

Record your findings. Circle the findings that fall outside of normal parameters.

	ACTIVE MOVEMENT	NORMAL	ACTIVE RANGE OF MOTION	
			FINDINGS	
			LEFT	RIGHT
1.	FLEXION OF THE SHOULDER Anterior deltoid Biceps brachii Coracobrachialis Supraspinatus Upper & Lower trapezius Serratus anterior	180°		
		PAINLESS		
2.	EXTENSION OF THE SHOULDER Triceps brachii long head Posterior deltoid Latissimus dorsi Teres major Teres minor Infraspinatus	45°		
		PAINLESS		
3.	ABDUCTION OF THE SHOULDER Supraspinatus Middle deltoid Upper & Lower trapezius Serratus anterior	180°		
		PAINLESS		
4.	ADDUCTION OF THE SHOULDER Pectoralis major Coracobrachialis Teres major Teres minor Subscapularis Biceps brachii short head Triceps brachii long head	45° ANTERIOR		
		PAINLESS		
		10° POSTERIOR		
		PAINLESS		

		ACTIVE RANGE OF MOTION		
ACTIVE MOVEMENT		NORMAL	FINDINGS	
			LEFT	RIGHT
5.	MEDIAL ROTATION OF THE SHOULDER Pectoralis major Latissimus dorsi Anterior deltoid Teres major Subscapularis	70°-90°		
		PAINLESS		
6.	LATERAL ROTATION OF THE SHOULDER Posterior deltoid Infraspinatus Teres minor	90°		
		PAINLESS		
7.	HORIZONTAL ABDUCTION OF THE SHOULDER Triceps brachii long head Posterior deltoid Rhomboids Middle trapezius	0°		
		PAINLESS		
8.	HORIZONTAL ADDUCTION OF THE SHOULDER Anterior deltoid Pectoralis major Coracobrachialis	130°		
		PAINLESS		
9.	ELEVATION OF THE SHOULDER GIRDLE Upper trapezius Levator scapulae	COMPARE TO CONTRALATERAL SIDE		
		PAINLESS		
10.	DEPRESSION OF THE SHOULDER GIRDLE Pectoralis minor Serratus anterior Lower trapezius	COMPARE TO CONTRALATERAL SIDE		
		PAINLESS		

			ACTIVE RANGE OF MOTION	
	ACTIVE MOVEMENT	NORMAL	FINDINGS	
			LEFT	RIGHT
11.	PROTRACTION OF THE SHOULDER GIRDLE Pectoralis minor Serratus anterior	COMPARE TO CONTRALATERAL SIDE		
		PAINLESS		
12.	RETRACTION OF THE SHOULDER GIRDLE Rhomboids Middle trapezius	COMPARE TO CONTRALATERAL SIDE		
		PAINLESS		
11.	UPWARD ROTATION OF THE SHOULDER GIRDLE Upper & Lower Trapezius Serratus anterior	COMPARE TO CONTRALATERAL SIDE		
		PAINLESS		
12.	DOWNWARD ROTATION OF THE SHOULDER GIRDLE Levator scapula Rhomboids Pectoralis minor	COMPARE TO CONTRALATERAL SIDE		
		PAINLESS		

PASSIVE MOVEMENT	NORMAL	PASSIVE RANGE OF MOTION	
		FINDINGS	
		LEFT	RIGHT
13. FLEXION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Triceps brachii long head Posterior deltoid Latissimus dorsi Teres major Rhomboids Middle trapezius	180°		
	TISSUE STRETCH		
	PAINLESS		
14. EXTENSION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Pectoralis major Coracobrachialis Biceps brachii	45°		
	TISSUE STRETCH		
	PAINLESS		
15. ABDUCTION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Pectoralis major Coracobrachialis Latissimus dorsi Teres major Teres minor Infraspinatus Subscapularis	180° (glenohumeral 90°-105°)		
	TISSUE STRETCH/ BONE TO BONE		
	PAINLESS		
16. ADDUCTION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Supraspinatus Deltoid	45° ANTERIOR		
	TISSUE STRETCH/ APPROXIMATION		
	PAINLESS		
	10° POSTERIOR		
	TISSUE STRETCH/ APPROXIMATION		
	PAINLESS		

	PASSIVE MOVEMENT	NORMAL	PASSIVE RANGE OF MOTION	
			FINDINGS	
			LEFT	RIGHT
17.	MEDIAL ROTATION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Posterior deltoid Infraspinatus Teres minor	70°-90°		
		TISSUE STRETCH		
		PAINLESS		
18.	LATERAL ROTATION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Pectoralis major Latissimus dorsi Anterior deltoid Teres major Subscapularis	90°		
		TISSUE STRETCH		
		PAINLESS		
19.	HORIZONTAL ABDUCTION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Anterior deltoid Biceps brachii Pectoralis major Coracobrachialis	0°		
		TISSUE STRETCH		
		PAINLESS		
20.	HORIZONTAL ADDUCTION OF THE SHOULDER <i>Limitation may be due to shortness in:</i> Triceps brachii long head Posterior deltoid Rhomboids Middle trapezius	160°		
		TISSUE STRETCH/ APPROXIMATION		
		PAINLESS		

	PASSIVE MOVEMENT	NORMAL	PASSIVE RANGE OF MOTION	
			FINDINGS	
			LEFT	RIGHT
21.	ELEVATION <i>Limitation may be due to shortness in:</i> Pectoralis minor Serratus anterior Lower trapezius	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
22.	DEPRESSION <i>Limitation may be due to shortness in:</i> Upper trapezius Levator scapulae	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
23.	PROTRACTION <i>Limitation may be due to shortness in:</i> Rhomboids Middle trapezius	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
24.	RETRACTION <i>Limitation may be due to shortness in:</i> Pectoralis minor Serratus anterior	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
25.	UPWARD ROTATION <i>Limitation may be due to shortness in:</i> Levator scapulae Rhomboids Pectoralis minor	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH BONE TO BONE		
		PAINLESS		
26.	DOWNWARD ROTATION <i>Limitation may be due to shortness in:</i> Upper & Lower trapezius Serratus anterior	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		

	MUSCLE LENGTH TESTS	NORMAL	LEFT	RIGHT
27.	BICEPS BRACHII pronate forearm extend elbow extend shoulder	45° OF SHOULDER EXTENSION WITH ELBOW EXTENDED AND FOREARM PRONATED		
		TISSUE STRETCH		
		PAINLESS		
28.	TRICEPS BRACHII flex elbow flex shoulder	ELBOW SHOULD POINT TOWARDS CEILING		
		TISSUE STRETCH		
		PAINLESS		
29a.	SUPRASPINATUS adduct shoulder anteriorly	45° OF ADDUCTION ANTERIORLY		
		TISSUE STRETCH		
		PAINLESS		
29b.	SUPRASPINATUS stabilize scapula adduct shoulder posteriorly	10° OF ADDUCTION POSTERIORLY		
		TISSUE STRETCH		
		PAINLESS		
30.	TERES MINOR arm by side of body flex elbow to 90° medially rotate shoulder	70°-90° OF MEDIAL ROTATION WITH ARM BY SIDE OF BODY		
		TISSUE STRETCH		
		PAINLESS		
31.	INFRASPINATUS abduct shoulder to 90° flex elbow to 90° medially rotate shoulder	70°-90° OF MEDIAL ROTATION		
		TISSUE STRETCH		
		PAINLESS		
32.	SUBSCAPULARIS abduct shoulder to 90° flex elbow to 90° laterally rotate shoulder	90° OF LATERAL ROTATION		
		TISSUE STRETCH		
		PAINLESS		

	MUSCLE LENGTH TEST	NORMAL	LEFT	RIGHT
33. PECTORALIS MINOR observe level of the scapula and clavicle		SCAPULA SHOULD BE FLAT ON THE TABLE		
		TISSUE STRETCH		
		PAINLESS		
34. PECTORALIS MAJOR (clavicular fibers) abduct humerus to 90° forearm neutral		HUMERUS SHOULD REST ON TABLE		
		TISSUE STRETCH		
		PAINLESS		
35. PECTORALIS MAJOR (sternal fibers) abduct humerus to 135° supinate forearm		HUMERUS SHOULD REST ON TABLE		
		TISSUE STRETCH		
		PAINLESS		
36. LATISSIMUS DORSI and/or TERES MAJOR forearm supinated, full coronal abduction of the shoulder		180° OF ABDUCTION AND SHOULD REST ON TABLE		
		TISSUE STRETCH/ BONE TO BONE		
		PAINLESS		
37. LEVATOR SCAPULAE upwardly rotate the scapula on the side being tested, rotate head & neck away from side being tested, laterally flex head & neck away from side being tested, flex neck		COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
38. UPPER TRAPEZIUS rotate head towards the side being tested, laterally flex head & neck away from the side being tested, flex head & neck		COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		