



DISPLAY 26-3

Elements to Include in Testing Range of Motion, Muscle Length, Joint Mobility, and Joint Integrity of the Shoulder Girdle

- Active and passive osteokinetic ROM of the scapulothoracic, glenohumeral, and cervicothoracic spine joints
- Passive arthrokinematic mobility tests of the sternoclavicular, acromioclavicular, glenohumeral, scapulothoracic joints, and cervicothoracic spine
- Capsuloligamentous integrity^{225–228}
- Glenoid labrum integrity tests^{229–231}
- Rotator cuff integrity^{232,233}
- Subacromial impingement tests^{234, 235}
- Muscle length testing for scapulohumeral, axioscapular, and axiohumeral muscle groups. Examples of muscles that fall into each category are summarized in Display 26-4. Sarhmann⁷² and Kendall⁷⁰ have described the appropriate muscle length testing procedures.
- Functional movements should be examined, including reaching behind the back, touching the back of the head and neck, and reaching across to the opposite shoulder.