



This document can help the physiotherapist to assess your shoulder via telephone. It is not a list of exercises. The physiotherapist may not need you to try all of these movements. Wait until you have discussed with your physiotherapist the movements they would like to assess.

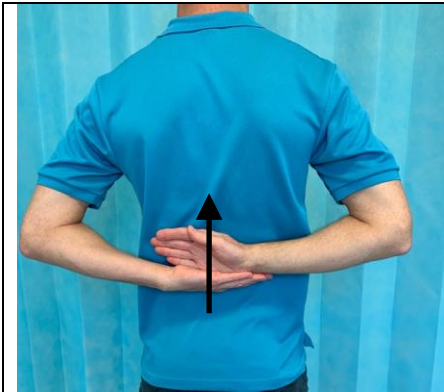
1-7. To assess the amount of movement or stretch you have

	<p>1. SHOULDER flexion: in standing/ sitting</p> <p>With your thumb leading the way lift your arm up to the front (as shown in picture) Try to maintain an upright posture</p>
	<p>2. SHOULDER abduction: in standing/ sitting</p> <p>With your thumb leading the way lift your arm up to the side (as shown in picture) Try to maintain an upright posture</p>
	<p>3. SHOULDER rotation (outward): in standing/ sitting</p> <p>Start with your arms by your side and your elbows bent (as shown in picture 1)</p> <p>Take your hands away from each other keeping your elbows tucked in against your sides (as shown in picture 2).</p>

	<p>4. SHOULDER rotation (inwards): in standing/ sitting</p> <p>Bring your hand round your back (as shown in picture 1)</p> <p>Slide your hand as far up your back as you can (as shown in picture 2)</p> <p>Try to maintain an upright posture</p>
	<p>5. SHOULDER flexion- assisted: in lying</p> <p>With your thumb leading the way lift your arm up to the front and overhead using your other hand to assist (as shown in pictures)</p>
	<p>6. SHOULDER rotation (outwards)- assisted: in sitting/ lying</p> <p>Start with your arms by your side and your elbows bent</p> <p>Using a stick or other appropriate aid assist one hand to move outwards away from your body (as shown in picture), keeping your elbow tucked in against your side</p>

SHOULDER Assessment Sheet

NHSGGC MSK Physiotherapy



7. SHOULDER rotation (inwards)- in standing/ sitting

Bring your hand round your back

Slide your hand as far up your back as you can assisting the movement with your other hand (as shown in picture)

Try to maintain an upright posture



8-15. To assess your control or the strength of the muscles around the shoulder

	<p>8. SHOULDER rotation (outwards)</p> <p>Standing with your forearm against a solid surface such as a doorframe, or using your other hand for resistance, push outwards in the direction shown to activate the muscles around your shoulder.</p>
	<p>9. SHOULDER rotation (inwards)</p> <p>Standing with your forearm against a solid surface such as a doorframe, or using your other hand for resistance, push inwards in the direction shown to activate the muscles around your shoulder.</p>
	<p>10. SHOULDER abduction</p> <p>Standing with your forearm against a solid surface such as a wall, push in the direction shown to activate the muscles around your shoulder.</p>

	<p>11. SHOULDER abduction</p> <p>Using a stick or other appropriate aid assist one arm up to an elevated position (as shown in the first picture).</p> <p>Try to move the supporting aid away whilst maintaining your arm in elevation (as shown in second picture).</p>
	<p>12. SHOULDER rotation (outwards)</p> <p>Using a stick, or other appropriate aid, assist one arm, as far as you are able, out to the side keeping the elbow tucked in (as shown in first picture).</p> <p>Try to move the supporting aid away whilst maintaining your arm in the same position (as shown in second picture).</p>
	<p>13. SHOULDER rotation (inwards)</p> <p>Bring your hand around your back (as shown in first picture).</p> <p>Try to lift your hand away from your back (as shown in second picture).</p>

	<p>14. SHOULDER rotation (inwards)</p> <p>Standing with your hands overlapping over your belly button and elbows pointing outwards (as shown in picture)</p> <p>Press both hands in towards your belly button trying to maintain the position of your elbows- pointing outwards.</p>
	<p>15. SHOULDER control</p> <p>Stand, leaning on a suitable surface</p> <p>Try to take some weight through your hands.</p> <p>Your physiotherapist may then ask you to take one hand off the surface and take weight through the one remaining on the surface.</p>