

Range of Motion Assessment—Shoulder

Date Tested : 22/8/2024

Client Name: Hayley Young

	L		Shoulder		R	
Active	Passive	Resisted	Motion	Active	Passive	Resisted
G	G Pinch top of shd	<	Flexion 180°	G	G	>
50	P in post. shd - infra	<	Extension 50°	40	G	>
G	P rhomb area	<	Abduction 180°	G	G	>
G	G	<	Adduction 50°	G	G	>
70	80	<	Internal Rotation 90°	70	90	>
60	90	=	External Rotation 90°	60	90	=
120	G—Posterior stertch	=	Horizontal Flexion 140°	140	G	=
30	G—Tight, feels more of a stretch	<	Horizontal Extension 40°	40	G	>

Notes:

General tightness in L shd. L shd is more weak. Shd rotation is mostly affected.

Date Tested :

Client Name:

			Shoulder			
Active	Passive	Resisted	Motion	Active	Passive	Resisted
			Flexion 180°			
			Extension 50°			
			Abduction 180°			
			Adduction 50°			
			Internal Rotation 90°			
			External Rotation 90°			
			Horizontal Flexion 140°			
			Horizontal Extension 40°			

Notes: