

Range of Motion Assessment—Shoulder

Date Tested : 6/6/2025

Client Name: Janet Mew

	L		Shoulder		R	
Active	Passive	Resisted	Motion	Active	Passive	Resisted
160	180	>	Flexion 180°	140	160	<
50			Extension 50°	20		
170			Abduction 180°	180		
50			Adduction 50°	50		
70			Internal Rotation 90°	60		
45			External Rotation 90°	45		
140			Horizontal Flexion 140°	140		
50			Horizontal Extension 40°	30		

Notes:

Main limitation is R shoulder flexion—Can't reach 180 degrees with passive motion.

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:

Range of Motion Assessment—Neck

Date Tested : 6/6/2025

Client Name: Janet Mew

Motion	Active	Passive	Resisted
Neck Flexion 45°	40	45	Weak
Neck Extension 75-80°	10	40	Good

Left Side			Motion	Right Side		
Active	Passive	Resisted	Neck	Active	Passive	Resisted
20		=	Lateral flexion 20-45°	30		=
70		<	Rotation 70-90°	70		>

Notes:

Neck extension is of concern—very limited with both active and passive motions. Could be surgical/structural related. Not sure if it's a proprioception issue—seems not confident (janky) doing the extension motion.

Neck flexion—feels stretch/pulling in L + R posterior down back.

Lateral flexion is very restricted. A bit more motion on R suggesting more tightness in L side.

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Neck Flexion 45°	40	45	Weak
Neck Extension 75-80°	10	40	Good

Left Side			Motion	Right Side		
Active	Passive	Resisted	Neck	Active	Passive	Resisted
			Lateral flexion 20-45°			
			Rotation 70-90°			

Notes: