

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 :

14/11/2025

Client Name:

Janet Mew

	Ⓒ		Shoulder		Ⓔ	
Active	Passive	Resisted	Motion	Active	Passive	Resisted
170	180	S >	✖ Flexion 180° ✖	160	170	w <
			Extension 50°			
180	180	S >	✖ Abduction 180° ✖	160	160	w <
			Adduction 50° ✓			
70			Internal Rotation 90°	70		
30			External Rotation 90°	30		
			Horizontal Flexion 140°			
40			Horizontal Extension 40° ✖	10		

Notes:

Client feeling a pulling, pain, tightness in Ⓔ
 shd blade, lat area.

✖ Resisted Ⓔ shd flexion - feels fire ant feeling down
 arm. weakness Ⓔ shd - nerve damage related.
 Didn't want to flare p. Cautious doing ROM.

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.

Range of Motion Assessment—Neck

Date Tested : 2025 / 14/11/2025

Client Name: Janet Mew

Motion	Active	Passive	Resisted
Neck Flexion 45°	40 =	45 =	Weak Good
Neck Extension 75-80°	10 =	40 20 P in back of Gx	Good weak

Left Side			Motion	Right Side		
Active	Passive	Resisted	Neck	Active	Passive	Resisted
25	45		Lateral flexion 20-45°	25	45	
70	70	Tight OK	Rotation 70-90°	70		

Notes:

Movement feeling better to client.
 Extension motion is more confident now—
 not as janky as last testing, is feeling weak
 thought.
 Tight at end of range during rotation.