

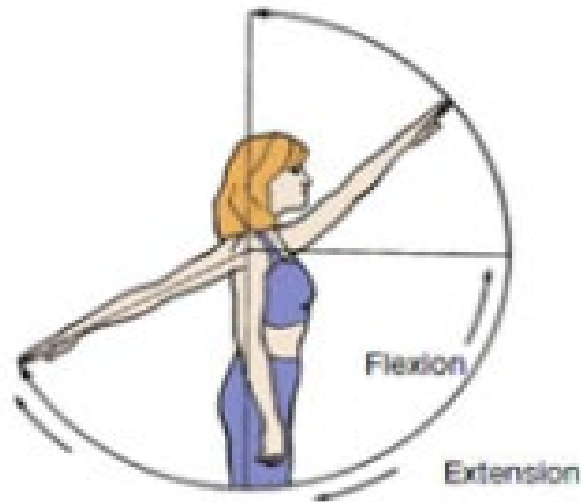
Introduction to Clinical Skills

Practical – Shoulder ROM

Recap

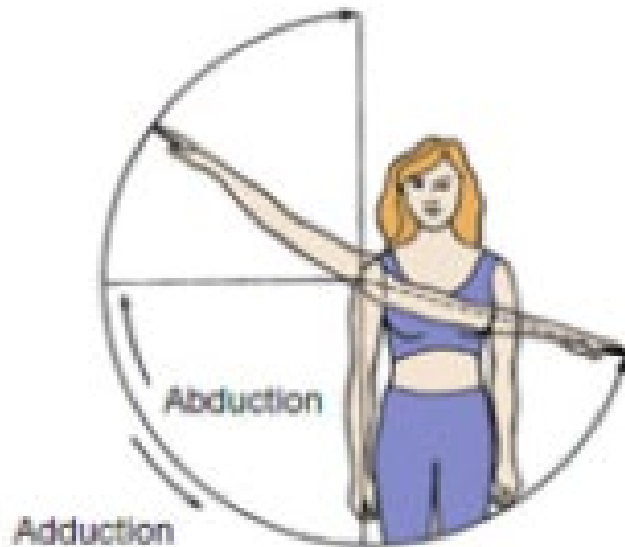
- Bony Landmarks
 - Coracoid Process
 - Greater Tubercle of Humerus
 - Glenoid Fossa
 - Spine of Scapula
 - Medial Border of Scapula
 - Lateral Border of Scapula
 - Inferior angle of scapula
 - Lesser Tubercle of Humerus
 - Infraspinatus fossa
 - Supraspinatus fossa
 - Subscapularis fossa
- Anatomy of the Shoulder
 - Ligaments
 - GH
 - ACJ
 - SCJ
 - Bursa
 - Subacromial
 - Subscapularis
 - Infraspinatus
 - Capsule

Sagittal Plane Movements – Flexion/ Extension

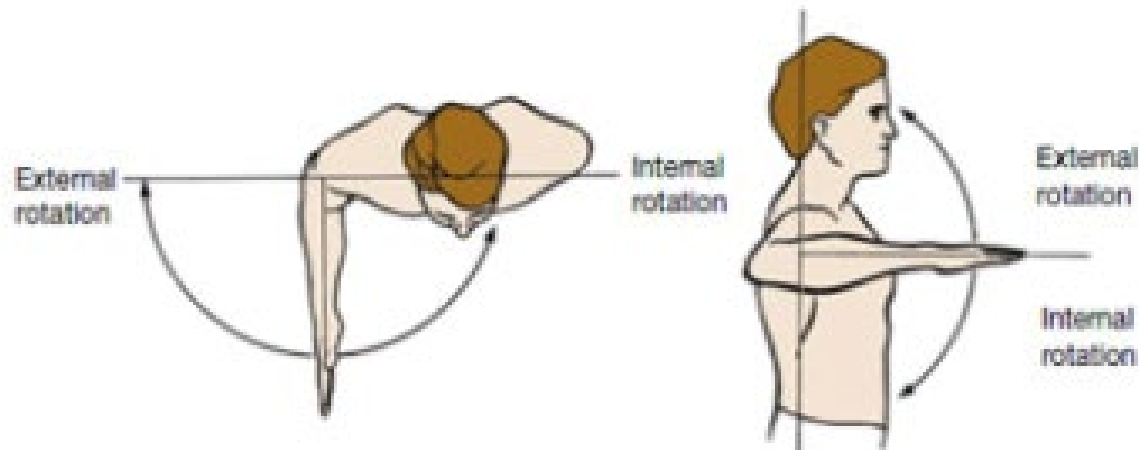


Flexion & Extension

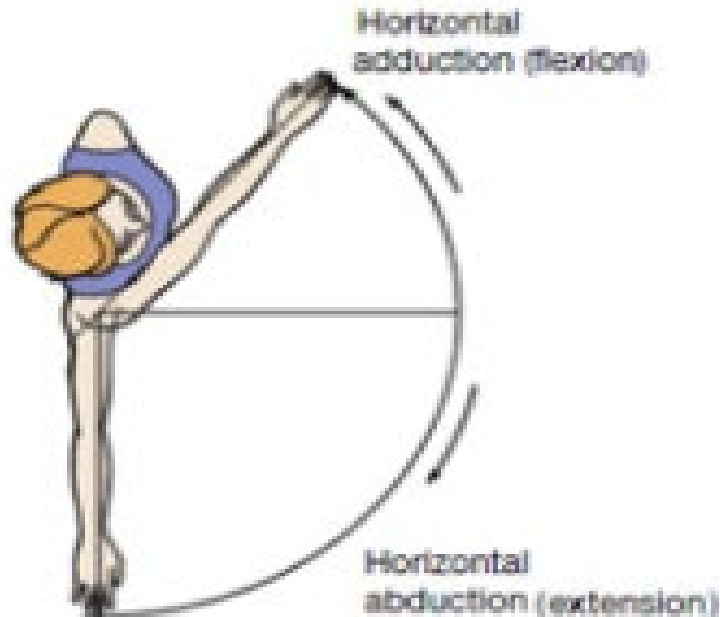
Coronal Plane Movements – Abduction/ Adduction



Tranverse Plane Movements – Internal/ External Rotation



Tranverse Plane Movements – Horizontal Adduction/ Abduction



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Scapulo-Humeral Rhythm

- Scapulo humeral rhythm
- No movement in first 30° of flexion or abduction
- After that should observe a 3:1 ratio of humeral movement to scapular movement
- Why?
 - Preserves the length tension relationship of the scapulohumeral muscles and allows them more room to shorten
 - Prevents the humeral head blocking in to the acromion process

AROM

- Elevation through flexion (180°)
- Elevation through abduction (180°)
- Extension ($45-60^{\circ}$)
- Horizontal adduction (135°)
- Horizontal abduction ($30-45^{\circ}$)
- Medial rotation ($70-90^{\circ}$)
- Lateral rotation ($80-90^{\circ}$)
- Uninjured first the both together
- Note
 - Range
 - Compensatory rotations
 - Pain

PROM

- Pt actively moves to EoR then overpressure applied
- Note pain, resistance, end feel
- PROM through full range
- Note quality of movement
 - Clicking, locking, grinding
 - Pain
 - Resistance
 - End feel

*Flexion, Abduction, Extension,
Horizontal Abduction and Adduction,
Medial and Lateral Rotation*

RRROM

- Pt actively moves to EoR then overpressure applied whilst resistance is generated by the patient
- Note pain, resistance, weakness
- RRROM at EOR
- Note quality of movement
 - Clicking, locking, grinding
 - Pain
 - Resistance

*Flexion, Abduction, Extension,
Horizontal Abduction and Adduction,
Medial and Lateral Rotation*