

GRAVITY MINIMIZED

Subject position: Sitting with the arm resting on a table with the shoulder abducted to 90 degrees and the elbow flexed to 90 degrees.

Stabilization: The clinician stabilizes the contralateral thorax.

- Grades 2/5 to -2/5: See Figure 1-25.

Figure 1-25. The subject horizontally abducts the shoulder and adducts the scapula through the available range of motion.



- Grades 1/5 to 0/5: See Figure 1-26.

Figure 1-26. The middle trapezius is palpated along the medial border of the scapula between thoracic vertebrae T1 to T5 and near the root of the spine of the scapula as the subject attempts to horizontally abduct the shoulder.



Substitutions: The posterior deltoid may cause horizontal abduction of the shoulder without scapular adduction. The lower trapezius may cause depression to occur and the rhomboids may slightly elevate and downwardly rotate the scapula.

DEPRESSION/ADDUCTION

PRIME MOVERS

- Lower trapezius