

Information Integration Exercise

It's 4pm on Friday and you pick up your Eval from the waiting room. The referral is from an outside MD so you had no way to prepare. It is an Ergonomic Evaluation.

The patient came with photographs of her work station which is in her home. Since Covid she has been working from home.

Thankfully, she is very enthusiastic about meeting with you and learning about what she can do to maximize her performance as an Office Pentathlete. She is your last patient of the day so you have unlimited time (ha-ha).

Intake Information:

List 8 things that you would like to know about her work habits, work set up

What will be your pitch as you suggest that you would like to do a comprehensive upper extremity musculoskeletal evaluation?

Scapula position at rest (ideal):

Scapular position at end of elevation (ideal):

Scapular structures to palpate:

Position of what structure viewed anteriorly will give you hints about scapular position?

Long sloped shoulders might indicate:

>1/3 of the humeral head is anterior to the acromion: Is this normal? Can be associated with?

Humeral head appears medially rotated: What is this associated with?

With elevation we want to see what rotation at GH joint? Why?

With excessive scapular abduction, what is weak/long; what is short/stiff?

If a muscle is long/weak, ideally you want to strengthen it in what position?

Describe scapular depression:

Describe how to assess latissimus dorsi muscle length

Describe a simple lower trapezius exercise

**Muscle grouping exercise:
Scapulohumeral muscles (7)**

Axioscapular muscles (5)

Axiohumeral muscles (2)

Muscles that internally rotate the scapula (2, one is a group of muscles)

Muscles that externally rotate the scapula (4)

Muscles that downwardly rotate the scapula (3)

Muscles that upwardly rotate the scapula (3)

Muscles that anteriorly tilt the scapula (2)

Muscles that posteriorly tilt the scapula (2)

Muscles depress the scapula (1)

Muscles that elevate the scapula (2)

Muscles that abduct the scapula (2)

Muscles that adduct the scapula (2)