

MOVEMENT SYSTEM UPPER QUARTER EXAM

FUNCTIONAL ACTIVITIES TO BE EXAMINED BASED ON HISTORY: _____

STANDING TESTS

ALIGNMENT **PAIN IN POSITION?:** **NO / YES** **INTENSITY** ____/10

	(Circle Deviations)
Cervical	Head Forward / Extension / Lateral Tilt / Flat / Rotated
Thoracic	Kyphosis / Flat / Extension / CW Rot. / CCW Rot. / Scoliosis
Lumbar	Flexion / Extension / Flat / Scoliosis / R or L Paraspinal Hypertrophy
Scapula	Downward / Upward / Depression / Abduction / Tipping / Winging / Elevation / IR / ER / AT
Shoulders	Elevated / Depressed / Forward
Clavicle	Horizontal / Elevated / Downward
Humerus	Medial Rotation / Lateral Rotation / Extension at Rest / Flexion at Rest / Abduction / Head Anterior / Head Superior
Forearm	Pronation / Supination

POSTURE TYPE			
Normal	<input type="checkbox"/>	Swayback	<input type="checkbox"/>
Flatback	<input type="checkbox"/>	Lordosis	<input type="checkbox"/>
Kyphosis	<input type="checkbox"/>		<input type="checkbox"/>
STRUCTURAL FAULTS:			

BILATERAL SHOULDER FLEXION AND RETURN

Symptom Presentation:		Location _____	
Pain / Numbness / Tingling / Aching / Sharp / Dull / Throbbing			
Patient's Strategy		Sx? <input type="checkbox"/>	Sx ↓ With Correction <input type="checkbox"/>
Shoulder Flexion			
No significant deficits noted <input type="checkbox"/>			
Decreased Scapular Upward Rotation	L	R	
Decreased Scapular Elevation	L	R	
Decreased Humeral Motion	L	R	
Excessive Scapular IR / Abduction	L	R	
Excessive Scapular ER / Adduction	L	R	
Excessive Scapular Elevation	L	R	
Anterior Tilt of Scapula	L	R	
Winging of Scapula	L	R	
HUMERAL MOTION			
Excessive Humeral Medial Rotation	L	R	
Anterior Glide of Humerus	L	R	
Medial Rotation of Humerus	L	R	
Excessive Inferior Glide of Humerus	L	R	
Excessive Posterior Glide of Humerus	L	R	
Cervical Flexion or Extension Occurs	L	R	
Cervical Sidebending or Rotation	L	R	
Return from Shoulder Flexion			
No significant deficits noted <input type="checkbox"/>			
Winging or IR of Scapula	L	R	
Anterior Tilting of Scapula	L	R	
Excessive & Early Depression of Scapula	L	R	
Excessive & Early DR of Scapula	L	R	
Anterior Glide of Humerus	L	R	
Excessive Inferior Glide of Humerus	L	R	
Movement Corrections		Effect on Symptoms?	
Assist Elevation of Scapula	↑ / no change / ↓		
Assist Upward Rotation of Scapula	↑ / no change / ↓		
Assist Upward Rotation and Posterior Tilt	↑ / no change / ↓		
Assist Lateral Rotation of Humerus	↑ / no change / ↓		
Assist Posterior Glide of Humerus	↑ / no change / ↓		
Assist Inferior Glide of Humerus	↑ / no change / ↓		
Support Humeral Head Inferiorly	↑ / no change / ↓		
Cervical Flexion or Extension	↑ / no change / ↓		
Flex Elbow with Shoulder Flexion	↑ / no change / ↓		
Decrease Scapular IR / Abduction	↑ / no change / ↓		

Increase Scapular IR / Abduction	↑ / no change / ↓
Other	↑ / no change / ↓

SHOULDER ABDUCTION AND ADDUCTION

Symptom Presentation:		Location _____	
Pain / Numbness / Tingling / Aching / Sharp / Dull / Throbbing			
Patient's Strategy		Sx? <input type="checkbox"/>	Sx ↓ With Correction <input type="checkbox"/>
Shoulder ABDUCTION			
No significant deficits noted <input type="checkbox"/>			
Decreased Scapular Upward Rotation	L	R	
Decreased Scapular Elevation	L	R	
Decreased Humeral Motion	L	R	
Excessive Scapular IR / Abduction	L	R	
Excessive Scapular ER / Adduction	L	R	
Excessive Scapular Elevation	L	R	
Anterior Tilt of Scapula	L	R	
Winging of Scapula	L	R	
HUMERAL MOTION			
Excessive Humeral Medial Rotation	L	R	
Anterior Glide of Humerus	L	R	
Medial Rotation of Humerus	L	R	
Excessive Inferior Glide of Humerus	L	R	
Cervical Flexion or Extension Occurs	L	R	
Cervical Sidebending or Rotation	L	R	
Shoulder ADDUCTION			
No significant deficits noted <input type="checkbox"/>			
Winging or IR of Scapula	L	R	
Anterior Tilting of Scapula	L	R	
Excessive & Early Depression of Scapula	L	R	
Excessive & Early DR of Scapula	L	R	
Anterior Glide of Humerus	L	R	
Excessive Inferior Glide of Humerus	L	R	
Movement Corrections		Effect on Symptoms?	
Assist Elevation of Scapula	↑ / no change / ↓		
Assist Upward Rotation of Scapula	↑ / no change / ↓		
Assist Upward Rotation and Posterior Tilt	↑ / no change / ↓		
Assist Lateral Rotation of Humerus	↑ / no change / ↓		
Assist Posterior Glide of Humerus	↑ / no change / ↓		
Assist Inferior Glide of Humerus	↑ / no change / ↓		
Support Humeral Head Inferiorly	↑ / no change / ↓		
Cervical Flexion or Extension	↑ / no change / ↓		
Flex Elbow with Shoulder Flexion	↑ / no change / ↓		

Decrease Scapular IR / Abduction	↑ / no change / ↓
Increase Scapular IR / Abduction	↑ / no change / ↓
Perform Abduction in Scapular Plane	↑ / no change / ↓
Other	↑ / no change / ↓

SINGLE SHOULDER FLEXION AND RETURN

Symptom Presentation:		Location _____	
Pain / Numbness / Tingling / Aching / Sharp / Dull / Throbbing			
Patient's Strategy		Sx? ✓	Sx ↓ With Correction
Shoulder Flexion			
No significant deficits noted <input type="checkbox"/>			
Cervical Vertebrae Movement	L	R	
Rotation Induced by Upper Trap (ipsi)	L	R	
Rotation Induced by Levator (contra)	L	R	
Other			
Movement Corrections		Effect on Symptoms?	
Assist Elevation of Scapula	L	R	↑ / no change / ↓
Assist Upward Rotation of Scapula	L	R	↑ / no change / ↓
Assist Upward Rotation and Posterior Tilt	L	R	↑ / no change / ↓
Assist Lateral Rotation of Humerus	L	R	↑ / no change / ↓
Assist Posterior Glide of Humerus	L	R	↑ / no change / ↓
Assist Inferior Glide of Humerus	L	R	↑ / no change / ↓
Support Humeral Head Inferiorly	L	R	↑ / no change / ↓
Cervical Flexion or Extension	L	R	↑ / no change / ↓
Flex Elbow with Shoulder Flexion	L	R	↑ / no change / ↓
Decrease Scapular IR / Abduction	L	R	
Increase Scapular IR / Abduction	L	R	
Other	L	R	↑ / no change / ↓

CERVICAL ROTATION

Symptom Presentation:		Location _____	
Pain / Numbness / Tingling / Aching / Sharp / Dull / Throbbing			
Patient's Strategy		Sx? ✓	Sx ↓ With Correction
Shoulder Flexion			
No significant deficits noted <input type="checkbox"/>			
Lateral Cervical Flexion	L	R	
Anterior Sheer	L	R	
Cervical Extension / Sidebending / Flexion	L	R	
Excessive Movement at 1 Segment	Upper	Lower	
Limited Movement at 1 Segment	Upper	Lower	
Other			
Movement Corrections		Effect on Symptoms?	
Cervical Flexion or Extension with Rotation	↑ / no change / ↓		
Passively Elevate Shoulder Girdle	↑ / no change / ↓		
Use Pillows in Sitting to Elevate Arms	↑ / no change / ↓		
Other	↑ / no change / ↓		

Notes:

SHOULDER EXTERNAL ROTATION 90° ELBOW FLEXION

Symptom Presentation:		Location _____	
Pain / Numbness / Tingling / Aching / Sharp / Dull / Throbbing			
Patient's Strategy		Sx? ✓	Sx ↓ With Correction
No significant deficits noted <input type="checkbox"/>			
Decreased Scapular Upward Rotation	L	R	
Decreased Scapular Elevation	L	R	
Excessive Scapular IR / Abduction	L	R	
Excessive Scapular ER / Adduction	L	R	
Excessive Scapular Elevation	L	R	
Anterior Tilt of Scapula	L	R	
Winging of Scapula	L	R	
GHJ Extension	L	R	
Anterior Glide of Humerus	L	R	
Excessive Inferior Glide of Humerus	L	R	
Cervical Sidebending or Rotation	L	R	
Limited GHJ LR Range of Motion	L	R	
Movement Corrections		Effect on Symptoms?	
Control Adduction of Scapula	↑ / no change / ↓		
Assist Posterior Glide of Humerus	↑ / no change / ↓		
Assist Inferior Glide of Humerus	↑ / no change / ↓		
Prevent GHJ Extension	↑ / no change / ↓		
Correct Scapular Alignment	↑ / no change / ↓		
Other	↑ / no change / ↓		

SITTING TESTS

CERVICAL RANGE OF MOTION

	ROM	ROM with Correction*	Patient's Strategy
Flexion	°	Sx: ↑ / no change / ↓ ROM: ↑ / no change / ↓	<input type="checkbox"/> Anterior Translation <input type="checkbox"/> Lower Cervical Starts and Stays Anteriorly Translated
Extension	°	Sx: ↑ / no change / ↓ ROM: ↑ / no change / ↓	<input type="checkbox"/> Anterior Translation <input type="checkbox"/> Mostly Upper Cervical <input type="checkbox"/> ↑ Posterior Translation <input type="checkbox"/> Lower Cervical Starts and Stays Anteriorly Translated
Rotation	°	Sx: ↑ / no change / ↓ ROM: ↑ / no change / ↓	<input type="checkbox"/> Extends <input type="checkbox"/> Flexes <input type="checkbox"/> Sidebends Ipsilaterally
Lateral Flexion	°	Sx: ↑ / no change / ↓ ROM: ↑ / no change / ↓	<input type="checkbox"/> Extends <input type="checkbox"/> Flexes <input type="checkbox"/> Rotates Ipsilaterally <input type="checkbox"/> Rotates Contralaterally

*Passively Elevate Shoulder Girdle to Provide Correction

MANUAL MUSCLE TESTS (SITTING)

	MMT Grade	Notes
Upper Trapezius	/5	
Serratus Anterior	/5	<input type="checkbox"/> Humeral Medial Rotation <input type="checkbox"/> Humeral Adduction <input type="checkbox"/> Scapula Downward Rotation <input type="checkbox"/> Scapular Anterior Tilt / IR <input type="checkbox"/> Scapular Depression <input type="checkbox"/> Scapular Elevation

STANDING TESTS

PAIN IN POSITION?:

NO / YES

INTENSITY ____/10

MUSCLE LENGTH TESTS

Symptom Presentation:		Location _____	
Pain / Numbness / Tingling / Aching / Sharp / Dull / Throbbing			
		Sx?	✓
Left	Pectoralis Minor	Normal / Short / Stiff	
	Pectoralis Major <i>Clavicular Fibers</i>	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide	
	Pectoralis Major <i>Sternal Fibers</i>	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide	
	Latissimus Dorsi	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Rotation <input type="checkbox"/> Lumbar Extension <input type="checkbox"/> Excessive Rib Elevation	
	Scapulohumeral Muscles	Normal / Short / Stiff <input type="checkbox"/> Teres Major	
	Posterior Deltoid / Capsule	Normal / Short / Stiff with MR Normal / Short / Stiff with LR <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide <input type="checkbox"/> Humeral Medial Rotation <input type="checkbox"/> Humeral Lateral Rotation Effect of Lat Distraction on Sx:	
	Biceps Brachii	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide	
Right	Pectoralis Minor	Normal / Short / Stiff	
	Pectoralis Major <i>Clavicular Fibers</i>	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide	
	Pectoralis Major <i>Sternal Fibers</i>	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide	
	Latissimus Dorsi	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Rotation <input type="checkbox"/> Lumbar Extension <input type="checkbox"/> Excessive Rib Elevation	
	Scapulohumeral Muscles	Normal / Short / Stiff <input type="checkbox"/> Teres Major	
	Posterior Deltoid / Capsule	Normal / Short / Stiff with MR Normal / Short / Stiff with LR <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide <input type="checkbox"/> Humeral Medial Rotation <input type="checkbox"/> Humeral Lateral Rotation Effect of Lat Distraction on Sx:	
	Biceps Brachii	Normal / Short / Stiff <input type="checkbox"/> Humeral Anterior Glide	
Notes:			

MUSCLE PERFORMANCE AND ROM

			Sx?
Intrinsic Neck Flexors	/5		✓
Neck Extensors	/5		
Sternocleidomastoid	/5 L /5 R		
Passive GHJ Abduction		<input type="checkbox"/> Excessive humeral superior translation	
Internal Rotators Active / Passive L ROM: _____ R ROM: _____	/5 L /5 R	Humerus in 90° Abduction <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide <input type="checkbox"/> Scapular Anterior Tilt	
External Rotators Active / Passive L ROM: _____ R ROM: _____	/5 L /5 R	Humerus in 90° Abduction <input type="checkbox"/> Humeral Anterior Glide <input type="checkbox"/> Humeral Superior Glide <input type="checkbox"/> Scapular Posterior Tilt	
Lower Abdominal Performance	/5		
Subcostal Margin	<input type="checkbox"/> <90° R / L <input type="checkbox"/> 90° R / L <input type="checkbox"/> >90° R / L		

QUADRUPED TEST

	Patient's Strategy	L	R	Sx?	Sx ↓ With
				✓	Correction
Resting Alignment	↑ Cervical Extension				
	Scapular Winging				
	Scapular Down Rot.				
	Dominant Levator				
	Scapular ABD / IR				
	Scapular ADD / ER				
	Scapular Depression				
	Thoracic Kyphosis				
Rocking Backwards	↑ Cervical Extension				
	↓ Scapular Up Rot.				
	Scapular ABD / IR				
	Scapular ADD / ER				
	Scapular Elevation				
	Scapular Depression				
	Thoracic Flex/Rot				
Humeral Inferior Glide					
Shoulder Flexion	Thoracic Rotation				
Cervical Flexion/Extension	<input type="checkbox"/> Anterior Translation <input type="checkbox"/> Posterior Translation				
	<input type="checkbox"/> Upper Cervical Moves Most in Ext. <input type="checkbox"/> Lower Cervical Moves Most in Ext.				Flexion /
Cervical Rotation	<input type="checkbox"/> Cervical Extension Occurs <input type="checkbox"/> Cervical Sidebending Occurs				Flexion /

PRONE TESTS PAIN IN POSITION?: NO / YES

WALL TESTS PAIN IN POSITION?: NO / YES INTENSITY __/10

MUSCLE PERFORMANCE AND ROM

			Sx? ✓	
Internal Rotators: L ROM: _____ R ROM: _____ MMT Grade L /5 R /5	<i>Humerus in 90° Abduction</i>	L R	<input type="checkbox"/>	
	Humeral Anterior Glide	L R	<input type="checkbox"/>	
	Humeral Superior Glide	L R	<input type="checkbox"/>	
	Scapula Anterior Tilt	L R	<input type="checkbox"/>	
	Scapular Elevation	L R	<input type="checkbox"/>	
	Scapular Depression	L R	<input type="checkbox"/>	
	Scapular IR	L R	<input type="checkbox"/>	
	Glenohumeral Horizontal Abduction	L R	<input type="checkbox"/>	
	External Rotators: L ROM: _____ R ROM: _____ MMT Grade L /5 R /5	<i>Humerus in 90° Abduction</i>	L R	<input type="checkbox"/>
		Humeral Anterior Glide	L R	<input type="checkbox"/>
Humeral Superior Glide		L R	<input type="checkbox"/>	
Scapula Anterior Tilt		L R	<input type="checkbox"/>	
Scapular Posterior Tilt		L R	<input type="checkbox"/>	
Scapular Elevation		L R	<input type="checkbox"/>	
Scapular Depression		L R	<input type="checkbox"/>	
Scapular IR		L R	<input type="checkbox"/>	
Glenohumeral Horizontal Abduction		L R	<input type="checkbox"/>	
Lower Trapezius MMT Grade L /5 R /5		Humeral Anterior Glide	L R	<input type="checkbox"/>
	Humeral Superior Glide	L R	<input type="checkbox"/>	
	Humeral Medial Rotation	L R	<input type="checkbox"/>	
	Scapular Downward Rot	L R	<input type="checkbox"/>	
	Scapular Elevation	L R	<input type="checkbox"/>	
	Scapular Depression	L R	<input type="checkbox"/>	
	Scapular IR/Abd	L R	<input type="checkbox"/>	
Middle Trapezius MMT Grade L /5 R /5	Humeral Anterior Glide	L R	<input type="checkbox"/>	
	Humeral Superior Glide	L R	<input type="checkbox"/>	
	Humeral Medial Rotation	L R	<input type="checkbox"/>	
	Scapular Downward Rot	L R	<input type="checkbox"/>	
	Scapular Elevation	L R	<input type="checkbox"/>	
	Scapular Depression	L R	<input type="checkbox"/>	
Rhomboids MMT Grade /5	Humeral Extension	L R	<input type="checkbox"/>	
	<input type="checkbox"/> Posterior Translation <input type="checkbox"/> Levator Dominates <input type="checkbox"/> Normal			
Cervical Extension MMT Grade /5				

	Patient's Strategy	Sx? ✓	Sx ↓ With Correction
Back to Wall Shoulder Flexion	Lumbar Extension	<input type="checkbox"/>	
	Humeral Medial Rot.	L R	
	Humeral Abduction	L R	
Back to Wall Abduction / Lateral Rotation	Lumbar Extension	<input type="checkbox"/>	
	Humeral Anterior Glide	L R	
	Humeral Superior Glide	L R	
	Scapular Down. Rot.	L R	
	Scapular Elevation	L R	
	Scapular Depression	L R	
Facing Wall Shoulder Flexion/Scapular Anterior Translation	Lumbar Extension	<input type="checkbox"/>	
	Scapular Down. Rot.	L R	
	Scapular Depression	L R	
	Scapular Anterior Tilt	L R	
	Scapular IR/Abd	L R	
	Scapular ER/Add	L R	
	Scapular Winging	L R	
	Humeral Medial Rot.	L R	
	Humeral Anterior Glide	L R	
	Humeral Superior Glide	L R	
	Cervical Extension	<input type="checkbox"/>	
Cervical Sidebending	<input type="checkbox"/>		

MOVEMENT SYSTEM DIAGNOSIS		
Cervical	Extension Syndrome	
	Extension—Rotation Syndrome	
	Flexion Syndrome	
	Flexion—Rotation Syndrome	
Thoracic	Flexion Syndrome	
	Rotation—Flexion Syndrome	
	Extension Syndrome	
	Rotation—Extension Syndrome	
Scapular	Rotation Syndrome	
	Internal Rotation Syndrome	
	Anterior Tilt	
	Abduction	
	↓ Upward Rotation	
	Depression Syndrome	
Humeral	ER/Adduction Syndrome	
	Elevation Syndrome	
Glenohumeral	Anterior Glide Syndrome	
	Superior Glide Syndrome	
	Medial Rotation Syndrome	
	Multidirectional Accessory Hypermobility Hypomobility	

Structural Faults: Kyphosis / Lordosis / Other

Postural Faults: Cervical Spine / Thoracic Spine / Lumbar Spine

Symptoms Increase During: Flexion / Extension / Rotation / Standing / Sitting / Supine / Prone

Muscle Weakness
No Significant Deficits Noted

Lower Abdominals <input type="checkbox"/>	Serratus Anterior <input type="checkbox"/>	Lower Trapezius <input type="checkbox"/>
Medial Rotators <input type="checkbox"/>	Lateral Rotators <input type="checkbox"/>	Middle Trapezius <input type="checkbox"/>
Intrinsic Neck Flex <input type="checkbox"/>		

Other:

The results of this movement system exam indicate that the patient would benefit from skilled physical therapy to include:

<input type="checkbox"/> Home Exercise Program with an emphasis on:	<input type="checkbox"/> Functional and Postural Training with an emphasis on:
_____	_____
_____	_____
_____	_____