

Hand-Held Dynamometry for the Shoulder Muscles

Flexion (Anterior Deltoid, Coracobrachialis)

Patient Position: Supine, Shoulder flexed to 90° with elbow fully extended, palm towards lower extremity

Clinician Position: Head of table

Outside arm: shoulder flexed to 90°, elbow fully extended, neutral forearm Inside arm: stabilizing superior surface of the tested shoulder <u>HHD Position:</u> Just proximal to the ulnar styloid, extensor surface <u>Standard command:</u> "Go ahead, push-push-push-push and relax." <u>Method of testing:</u> Perform a make test, 3 sec duration





Extension (Latissimus Dorsi, Teres Major, Posterior Deltoid)

Patient Position: Supine, Shoulder flexed to 90° with elbow fully extended, palm towards lower extremity

<u>Clinician Position:</u> Mid-table, seated beside patient facing patient's head Outside arm: shoulder flexed to 90°, elbow fully extended, neutral forearm Inside arm: stabilizing anterior-superior surface of the tested shoulder <u>HHD Position:</u> Just proximal to the ulnar styloid, flexor surface <u>Standard command:</u> "Go ahead, push-push-push-push and relax." <u>Method of testing:</u> Perform a make test, 3 sec duration



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Abduction (Middle Deltoid, Supraspinatus)

Patient Position: Supine, Shoulder abducted to 45° with elbow fully extended, palm towards lower extremity (Have tested arm supported on table as much as possible)

Clinician Position: Head of table

Outside arm: shoulder 0° flexion, elbow at 90° flexion stabilized just superior to ASIS, neutral or supinated forearm position Inside arm: stabilizing superior surface of the tested shoulder <u>HHD Position:</u> Just proximal to the ulnar styloid, extensor surface <u>Standard command:</u> "Go ahead, push-push-push-push and relax." <u>Method of testing:</u> Perform a make test, 3 sec duration



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Internal Rotation (Subscapularis, Pectoralis Major, Latissimus Dorsi, Teres Major)

<u>Patient Position:</u> Supine, Shoulder abducted to 90° with 90° elbow flexion and neutral forearm position (Have tested arm supported on table as much as possible)

<u>Clinician Position:</u> Mid-table, seated beside patient facing patient's head Outside arm: shoulder 0° flexion, elbow at 90° flexion stabilized just superior to ASIS, neutral forearm position

Inside arm: stabilizing anterior surface of the tested shoulder <u>HHD Position:</u> Just proximal to the ulnar styloid, flexor surface <u>Standard command:</u> "Go ahead, push-push-push-push and relax." <u>Method of testing:</u> Perform a make test, 3 sec duration



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Internal Rotation (Subscapularis, Pectoralis Major, Latissimus Dorsi, Teres Major) – Alternate Positioning

Patient Position: Seated, bolster under arm to maintain 30° abduction, 30° scaption, 30° diagonal tilt <u>Clinician Position:</u> Same side as arm to be tested <u>HHD Position:</u> Just proximal to the ulnar styloid, flexor surface <u>Standard command:</u> "Go ahead, push-push-push and relax." <u>Method of testing:</u> Perform a make test, 3 sec duration





External Rotation (Infraspinatus, Teres Minor)

<u>Patient Position:</u> Supine, Shoulder abducted to 90° with 90° elbow flexion and neutral forearm rotation position (Have tested arm supported on table as much as possible)

Clinician Position: Head of table

Outside arm: shoulder 0° flexion, elbow at 90° flexion stabilized just superior to ASIS, neutral forearm position

Inside arm: stabilizing superior surface of the tested shoulder <u>HHD Position:</u> Just proximal to the ulnar styloid, extensor surface <u>Standard command:</u> "Go ahead, push-push-push-push and relax." <u>Method of testing:</u> Perform a make test, 3 sec duration



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External Rotation (Infraspinatus, Teres Minor) – Alternate positioning

Patient Position: Seated, bolster under arm to maintain 30° abduction, 30° scaption, 30° diagonal tilt

Clinician Position: Same side as arm to be tested

<u>HHD Position:</u> Just proximal to the ulnar styloid, extensor surface <u>Standard command:</u> "Go ahead, push-push-push-push and relax." Method of testing: Perform a make test, 3 sec duration



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