

Shoulder Symptom Modification Procedure (SSMP)

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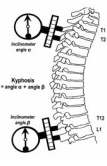
Patient's name: _____ DoB: _____ Date: _____

Symptomatic movement or posture 1: _____

Symptomatic movement or posture 2: _____

1. Thoracic kyphosis

- Finger on sternum technique
- Taping technique
- Manual therapy
- Other _____



Optional

Angle (pre) _____ °

Angle (post) _____ °

Comments:

Change in NSRS (1) _____ % (2) _____ %

2a. Scapular position

- Elevation
- Depression
- Protraction
- Retraction
- Posterior tilt
- Anterior tilt
- Internal rotation
- External rotation
- Combinations _____

Comments:

Change in NSRS (1) _____ % (2) _____ %

2b. Winging scapula

- N/A
- Left
- Right
- Both
- Manual stabilisation
- Taping technique
- Other _____

Comments:

Change in NSRS (1) _____ % (2) _____ %

3. Humeral head procedures

- Humeral head depression [flexion] – standing / sitting
- Humeral head depression [abduction] – standing / sitting
- Humeral head depression [flexion] – supine
- Humeral head depression [abduction] – supine
- External rotation test
- Eccentric elevation test
- Assisted elevation-flexion
- Assisted elevation-abduction
- Adduction resistance test (ER)
- Adduction resistance test (IR)
- AP test
- AP test (with inclination) _____
- PA test
- PA test (with inclination) _____
- Other _____

Comments:

Change in NSRS (1) _____ % (2) _____ %

4. Neuromodulation procedures

- _____
- _____
- _____
- _____

Comments:

Change in NSRS (1) _____ % (2) _____ %

Clinical reasoning and management plan