

Lateral Scapular Slide Test

Patient information	
Name:	Date of birth:
Gender: Male Female	Date of test:
Height:	Weight:
Test overview	
The Lateral Scapular Slide Test (LSST) evaluates the stability and symmetry of the scapula (shoulder blade) during various arm positions. It is instrumental in identifying scapular dyskinesis, which can contribute to shoulder pain, dysfunction, and potential injury.	
Instructions for the patient	
<ul style="list-style-type: none">• Wear comfortable clothing that allows clear visibility of the shoulder blades.• Stand with your back straight and feet shoulder-width apart.• Follow the clinician's instructions carefully for each arm position.	
Test procedure	
Arm positions	
1. Arms at rest	
Patient stands with arms relaxed at the sides.	
Measurement:	
Distance from the inferior angle of the scapula to the spine (right): _____ cm	
Distance from the inferior angle of the scapula to the spine (left): _____ cm	
2. Hands on hips	
Position: Patient places hands on hips with thumbs pointing backward.	
Measurement:	
Distance from the inferior angle of the scapula to the spine (right): _____ cm	
Distance from the inferior angle of the scapula to the spine (left): _____ cm	
3. Arms abducted to 90 degrees	
Position: Patient raises arms to shoulder height (90 degrees abduction).	
Measurement:	
Distance from the inferior angle of the scapula to the spine (right): _____ cm	
Distance from the inferior angle of the scapula to the spine (left): _____ cm	

Interpretation**Scapular symmetry**

Symmetrical:

Asymmetrical:

Potential findings

Symmetrical scapulae:

Asymmetrical scapulae:

Clinical significance

Symmetrical findings:

Asymmetrical findings:

Recommendations**Additional notes****Healthcare practitioner's information**

Name:

Signature: 

Date: