Shoulder Range of Motion Chart

Patient information					
Name:		Age:			
Gender:		Date:			
	Extension	External rotation			
Flexion	Extension		Internal rot	ation	
Abduction	Adduction	Medial rotation	Horizontal add	duction	
Flexion					
Left: degrees		Right: degree	s		
Is there pain on any side?			Yes	No	
Is the movement smooth, controlled, and done with enough power?			Yes	No	
If no, please elaborate: Remarks:					
Extension					
Left: degrees		Right: degree			
Is there pain on any side?			Yes	No	
Is the movement smooth, controlled, and done with enough power? Yes N					
If no, please elaborate:					
Remarks:					

Abduction				
Left: degrees	Right:	degrees		
Is there pain on any side?			Yes	No
Is the movement smooth, controlled, and done with enough power?			Yes	No
If no, please elaborate:				
Remarks:				
Adduction	D: 11			
Left: degrees	Right:	degrees		
Is there pain on any side?			Yes	No
Is the movement smooth, controlled, and done with er	nougn power?		Yes	No
If no, please elaborate:				
Remarks:				
External rotation				
Left: degrees	Right:	degrees		
Is there pain on any side?			Yes	No
Is the movement smooth, controlled, and done with e	nough power?		Yes	No
If no, please elaborate:				
Remarks:				
Internal rotation				
Left: degrees	Right:	degrees		
Is there pain on any side?			Yes	No
Is the movement smooth, controlled, and done with enough power?			Yes	No

If no, please elaborate:				
Remarks:				
Medial rotation				
Left: degrees	Right:	degrees		
Is there pain on any side?			Yes	No
Is the movement smooth, controlled, and done with en		Yes	No	
If no, please elaborate:				
Remarks:				
Horizontal adduction	1			
Left: degrees	Right:	degrees		
Is there pain on any side?				No
Is the movement smooth, controlled, and done with en	ough power?		Yes	No
If no, please elaborate:				
Remarks:				
Remarks: Additional comments and observations				
Additional comments and observations				
Additional comments and observations Healthcare professional's information				
Additional comments and observations	License nun Date:	nber:		