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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Complete full clinical exam at initial visit and complete only relevant sections thereafter.*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **RIGHT** | | | | | | | | | | | | | | |  | **LEFT** | | | | | | | | | | | | | |
| **Visible Atrophy** | **Yes** | | | | | | | | | **No** | | | | | |  | **Yes** | | | | | | | | **No** | | | | | |
| **Trapezius** |  | | | | | | | | |  | | | | | |  |  | | | | | | | |  | | | | | |
| **Deltoid** |  | | | | | | | | |  | | | | | |  |  | | | | | | | |  | | | | | |
| **Infraspinatus** |  | | | | | | | | |  | | | | | |  |  | | | | | | | |  | | | | | |
| **Triceps** |  | | | | | | | | |  | | | | | |  |  | | | | | | | |  | | | | | |
| **Biceps** |  | | | | | | | | |  | | | | | |  |  | | | | | | | |  | | | | | |
| **Brachialis** |  | | | | | | | | |  | | | | | |  |  | | | | | | | |  | | | | | |
|  |  | | | | |  | | | | |  | | | |  |  |  | | |  | | | |  | | | | |  | |
| **Scapular Rotation** |  | | | | |  | | | | |  | | | |  |  |  | | |  | | | |  | | | | |  | |
| **Degree of Rotation with Shoulder Abduction:** | **1)** Zero scapula lateral rotation during abduction | | | | | | | | | | | | | | |  | **1)** Zero scapula lateral rotation during abduction | | | | | | | | | | | | | |
| **2)** Incomplete scapula rotation during abduction | | | | | | | | | | | | | | |  | **2)** Incomplete scapula rotation during abduction | | | | | | | | | | | | | |
|  | **3)** Complete but delayed scapula rotation during abduction | | | | | | | | | | | | | | |  | **3)** Complete but delayed scapula rotation during abduction | | | | | | | | | | | | | |
|  | **4)** Full scapula rotation | | | | | | | | | | | | | | |  | **4)** Full scapula rotation | | | | | | | | | | | | | |
|  |  | | | | |  | | | | | | | | |  |  |  | | | | | |  | | | | | |  | |
| **Winging:** | Medial | | | | | | Lateral | | | | | | | None | |  | Medial | | | | Lateral | | | | | | | None | | |
|  |  | | | | |  | | | | | | | | |  |  |  | | | | | |  | | | | | |  | |
| **Muscle Strength & ROM** | | | |  | | | | | | | | | | |  |  |  | | | | | |  | | | | | |  | |
| **Shoulder Shrug:** | None | | | | | | Diminished | | | | | | | Full | |  | None | | | | Diminished | | | | | | | Full | | |
|  | | | |  | | | | | | | | | | |  |  |  | | | | | |  | | | | | |  | |
| **Modified MRC** | | **M0** | **M1** | | **M2** | | | **M3** | | | | **M4** | **M5** | | **ROM:** |  | **M0** | **M1** | **M2** | | | **M3** | | | | **M4** | **M5** | | | **ROM:** |
| **Shoulder Abduction** | |  |  | |  | | |  | | | |  |  | | **\_\_\_\_\_**°  Full: 180° |  |  |  |  | | |  | | | |  |  | | | **\_\_\_\_\_**°  Full: 180° |
| **Shoulder External Rotation** | |  |  | |  | | |  | | | |  |  | | **\_\_\_\_\_**°  Full: 125° |  |  |  |  | | |  | | | |  |  | | | **\_\_\_\_\_**°  Full: 125° |
| **Elbow Flexion** | |  |  | |  | | |  | | | |  |  | |  |  |  |  |  | | |  | | | |  |  | | |  |
| **Elbow Extension** | |  |  | |  | | |  | | | |  |  | |  |  |  |  |  | | |  | | | |  |  | | |  |
| **Thumb IP Flexion** | |  |  | |  | | |  | | | |  |  | |  |  |  |  |  | | |  | | | |  |  | | |  |
| **Index Flexion** | |  |  | |  | | |  | | | |  |  | |  |  |  |  |  | | |  | | | |  |  | | |  |
| **Index Extension** | |  |  | |  | | |  | | | |  |  | |  |  |  |  |  | | |  | | | |  |  | | |  |
| ***M0:*** *No contraction****; M1:*** *Flicker or trace of contraction****; M2:*** *Active movement with NO resistance;* ***M3:*** *Active movement against minimal resistance or gravity;* ***M4:*** *Active movement against strong resistance, asymmetric to opposite side;* ***M5:*** *Normal and symmetric.* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | |  | |  | | | | | | |  | | | |  |  |  | | | | | |  | | | | | |  | |
| **‘OK’ Sign (AIN)?** | | Able | | | | | | | Unable | | | | | | |  | Able | | | | | | | | Unable | | | | | |