

Scapular Assistance Test

SCAPULAR ASSISTANCE TEST

Patient information: _____ Age: _____

ObjectiveTo evaluate scapular movement impairments and assess scapular stability during dynamic shoulder movements.

ProcedurePosition the patient comfortably, either seated or standing, ensuring their affected arm is relaxed at their side. Stand behind the patient, stabilizing their shoulder with one hand while supporting the scapula with the other. Observe the scapula's resting position, noting any visible abnormalities or asymmetries. Apply gentle pressure to the scapula to facilitate posterior tilt and external rotation, aiding in engaging the serratus anterior muscle and promoting proper scapular movement. Instruct the patient to release the scapular assistance while performing specific shoulder movements, such as elevation or abduction. Monitor the scapula's behavior during these movements, noting any deviations from normal rotation and posterior tilt. Assess whether the symptoms of impingement decrease or resolve to determine a positive test.

ResultsSelect one:

Test Result

- ☐ Positive: A decrease or resolution of impingement symptoms indicates proper scapular movement and engagement of the serratus anterior muscle.
- ☐ Negative: No change in impingement symptoms suggests improper scapular movement and a lack of serratus anterior muscle engagement.

Additional notes - Specify below:

HEALTHCARE PROFESSIONAL'S INFORMATION

Name: _____ License number: _____

Contact number: _____

Signature: _____