

Snapping Scapula Syndrome Test

Patient information: _____ Date of test: _____ dd / mm / yyyy

PurposeThe Snapping Scapula Syndrome Test is a physical examination to identify audible or palpable clicking, grinding, or crepitus of the scapula during scapulothoracic joint movements. This test is an initial step in the diagnostic process for Snapping Scapula Syndrome (SSS) and should be supplemented with imaging studies if nonoperative management fails.

Equipment neededExamination table or chairGloves (optional for hygiene)

Time requiredApproximately 10-15 minutes

Test procedurePosition the patient in a sitting or standing position.Instruct the patient to perform overhead arm movements.Palpate the medial and lateral borders of the scapula.Listen and feel for any clicking, grinding, or crepitus noises.Document the findings for both the right and left scapula.

Results

Right scapula (findings)

Left scapula (findings)

Additional notes

Specify below

Healthcare professional information

Name: _____

Signature

Date: _____ dd / mm / yyyy

ReferencesManske, R. C., Reiman, M. P., & Stovak, M. L. (2004). Nonoperative and operative management of snapping scapula. The American Journal of Sports Medicine, 32(6), 1554–1565. <https://doi.org/10.1177/0363546504268790>Physiopedia. (n.d.-c). Snapping scapula syndrome. <https://www.physio-pedia.com/index.php>