

Shoulder Range of Motion Screen A Paradigm for Coaches

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Tight Streamline – ½ Sit Against Wall: Assume the following tight streamline position.
(In order to 'pass' this position, all of the 5 questions in this section must be answered with a 'Yes'.)



Are the elbows in full extension?	YES	NO
Are the arms by the ears?	YES	NO
Are the hands clasped?	YES	NO
Are the hands in contact with the wall?	YES	NO
Is the low back in contact with the wall?	YES	NO

90/90 Position: Lie supine with knees bent and feet on surface. Assume 90° of shoulder abduction in the coronal plane and 90° of glenohumeral external rotation.
(In order to 'pass' this position, all 4 of the questions in this section must be answered with a 'Yes'.)



Are the shoulders flat on the floor?	YES	NO
Do the forearms and elbows rest comfortably on the floor?	YES	NO
When the swimmer is asked to press his/her wrists into the surface, are the wrists flat on the surface?	YES	NO
Is the back flat against the surface?	YES	NO

45 Position: In standing with the humerus in full adduction (arm by your side), bend your elbows to 90° and externally rotate to 45° or beyond.
(In order to 'pass' this position, both of the questions in this section must be answered with a 'Yes'.)



Do the shoulders rotate to 45° or beyond?	YES	NO
Do the elbows maintain contact with the trunk?	YES	NO

If the swimmer fails in 2 or all of the positions, then a customized stretching routine from a health care professional is recommended.