




Table 2. Illustration of techniques used to assess muscle strength, endurance, and flexibility

Test	Description	Demonstration
Myers Test ¹⁴	<ul style="list-style-type: none"> • Supine “squeeze shoulder blades together” • Clinician <u>stabilizes scapula</u> into maximal retraction using thenar eminence against lateral scapular border • Passively horizontally adduct humerus to end range • Rate <ul style="list-style-type: none"> ○ <u>Restricted</u> = adduction less than sagittal plane (90°) ○ <u>Normal</u> = adduction beyond sagittal plane (90°) 	<p style="text-align: center;">Restricted</p>  <p style="text-align: center;">Normal</p> 
Isometric strength testing: Handheld dynamometry	<p>External rotation at 90° abduction</p> <ul style="list-style-type: none"> • Force directed at distal forearm on dorsal side, proximal to ulnar styloid • Clinician’s arm is stabilized against his own thigh • Use towel roll to maintain humerus in horizontal position 	

Internal rotation at 90° abduction (mid pull phase)

- Force directed at distal forearm on ventral side, proximal to the wrist crease
- Clinician's arm is stabilized against his own thigh at right angle to forearm
- Use towel roll to maintain humerus in horizontal position



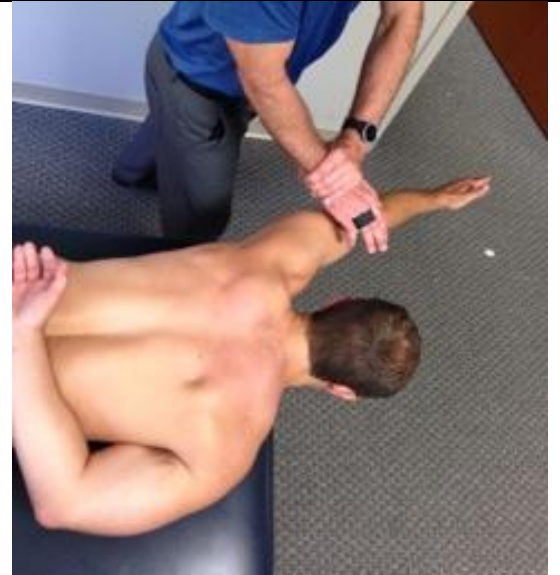


Extension with arm overhead (catch to pull phase)






Middle trapezius

- Force applied downward to patient's distal humerus
- Force applied proximal to lateral humeral epicondyle
- Horizontal abduction at 90° thumb up



	<p>Lower Trapezius</p> <ul style="list-style-type: none"> • Force directed downward on patient's distal humerus, proximal to the humeral epicondyles • Horizontal abduction at 145° thumb up 	
	<p>Elevation at 90°</p> <ul style="list-style-type: none"> - Force directed downward at patient's distal humerus proximal to the humeral epicondyles 	
<p>Posterior shoulder endurance test¹⁸</p>	<p>Isometric hold at 135° horizontal abduction</p>	

<p>Core Endurance</p>	<p>Sorenson back extensor endurance test¹⁹</p> <ul style="list-style-type: none"> • Patient lies prone with ASIS at the edge of a table • Clinician holds lower extremities or uses belts to stabilize patient's lower extremities 	
	<p>Isometric side plank²²</p>	
	<p>Unilateral hip bridge endurance test²⁰</p>	
	<p>Prone plank²¹</p>	