

SHOULDER FLEXION INTERPRETATION

Movement/Limitation—Flexion	Shoulder Mobility
Ability to flex the shoulders to 170–180 degrees (hands touching/nearly touching floor)	Good shoulder mobility
Inability to flex the shoulders to 170 degrees or discrepancies between the limbs	<p>Potential tightness in the pectoralis major and minor, latissimus dorsi, teres major, rhomboids, and subscapularis</p> <ul style="list-style-type: none"> ▶ Tightness in the latissimus dorsi will force the low back to arch. ▶ Tightness of the pectoralis minor may tilt the scapulae forward (anterior tilt) and prevent the arms from touching the floor. ▶ Tight abdominals may depress the rib cage, tilting the scapulae forward (anterior tilt), and prevent the arms from touching the floor. ▶ Thoracic kyphosis may round the thoracic spine and prevent the arms from touching the floor.

Source: Houglum, P.A. (2016). *Therapeutic Exercise for Musculoskeletal Injuries* (4th ed). Champaign, Ill.: Human Kinetics.