



AIMS OF SHOULDER TESTING

We aim to utilise evidence based testing to benchmark you against normative data to help us make educated and justified decisions on when you are safe to return to sport/work. This testing is suitable for a range of conditions and patients such as:

- > Post Operative Shoulder Conditions
- > Shoulder Instability (conservative management)
- > Musculoskeletal Screenings
- > Sport Specific Screenings (e.g. baseball, swimming)
- > Injury Rehabilitation Outcome Measures (e.g. shoulder reconstruction, rotator cuff repair)
- > Assessing work capacity.

ONLY AVAILABLE AT ANGAS STREET CLINIC



120 Angas Street, Adelaide
T: 8232 5566

OUR OTHER CLINIC LOCATIONS

Next Gen
1st Floor, War Memorial Drive, North Adelaide
T: 8221 7000

Dulwich Family Practice [Physiotherapy services]
62 Dulwich Avenue, Dulwich
T: 8139 2444



Shoulder Testing

Return to Sport/Work



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wakefieldsports.com.au

SHOULDER TESTING

The shoulder testing includes:

- > Written questionnaires to determine how your injury/pain is impacting your function and confidence to return to physical activity/sport
- > Range of motion testing
- > Rotator cuff and scapular strength and endurance testing
- > Functional/sport specific tests (including force plate testing).

These tests are all evidence based and well documented in the literature to be useful, valid, reliable, and easily repeatable.

It allows us to utilise the best available evidence relating to the shoulder to measure your recovery and rehabilitation. Monitoring range of motion, strength testing using hand held dynamometry, endurance, and sport specific testing is key to a successful return to activity following upper limb injury.

Research has shown that upper limb injury in people have demonstrated reduced shoulder mobility and stability, rotator cuff and scapular strength, and decreased force generation with sport specific tasks (e.g. throwing, tackling). Measuring these key performance indicators allows us an appropriate method of assessment to help guide you through your rehabilitation journey to meet your goals.

Scan the QR code for more information about shoulder testing.



GETTING STARTED

- > Shoulder testing is available at our Angas Street Clinic at 120 Angas Street, Adelaide
- > Normal private health rebates apply
- > Workcover/third party clients must obtain prior approval from your case manager (please inform reception of details)
- > Please wear appropriate attire to allow for testing/exercising
- > Please arrive 15 minutes prior to your appointment to fill out the required paperwork and written questionnaires related to your shoulder testing assessment
- > Bookings are essential (1 hour appointment).

KEEPING YOU MOVING

THE TEST AND RESULTS

Shoulder testing and interpretation of the data, assists our physiotherapists in the management of rehabilitation and performance of the client.

Example of Test Report

Outcome Measures

Pain was reported during the testing session. This requires further investigation with the treating physiotherapist, and/or the involved medical team. Consider local sources of the pain and/or contributing factors that may be involved in this clinical presentation. Refer on for further investigation if warranted. ❌

Range Of Motion Testing

Shoulder range of motion needs improvement	⚠️
Elbow range of motion is good	✅
Thoracic range of motion needs improvement	⚠️

Strength Testing: Hand Held Dynamometry

Rotator cuff strength in neutral is good	✅
Rotator cuff strength in 90 degrees of abduction is good	✅

Force Plate Testing

ASH[I-180] Test needs improvement	⚠️
ASH[T] Test needs improvement	⚠️

RESULTS AND RECOMMENDATIONS

Following your shoulder testing session, the physio will interpret and discuss your written questionnaires and testing scores, with recommendations provided for your rehabilitation program.

These recommendations will be discussed in your appointment and passed on to your treating clinician to assist with your rehabilitation journey and return to activity clearance.