

Suggested Strength Testing Positions and Device Placement



Flexion

Patient: Seated or Supine
Shoulder: Flexed to 90 degrees
Device: Proximal to elbow



Extension

Patient: Prone
Shoulder: Extended to comfortable position
Device: Proximal to elbow



Abduction

Patient: Prone
Shoulder: Abducted to 90 degrees
Elbow: Flexed to 90 degrees
Device: Base of head



Adduction

Patient: Supine
Shoulder: Flexed to 90 degrees
Elbow: Flexed to 90 degrees
Device: Proximal to elbow



Internal Rotation

Patient: Prone
Shoulder: Abducted to 90 degrees, externally rotate to comfortable position
Elbow: Flexed to 90 degrees
Device: Proximal to wrist



External Rotation

Patient: Prone
Shoulder: Abducted to 90 degrees, externally rotate to comfortable position
Elbow: Flexed to 90 degrees
Device: Proximal to wrist