

# Shoulder Mobility Test

## Corrective Exercises:

See Shoulder and Chest Flexibility in **Appendix B**

### Shoulder Mobility

Assume the test position as above. Hold a strap between each hand and alternate between gently pulling the top hand downward and the bottom hand upward while holding the strap. Gentle tension should be felt and NOT pain. If pain is felt try moving the hands further apart along the length of the strap. This should be a gentle stretch.

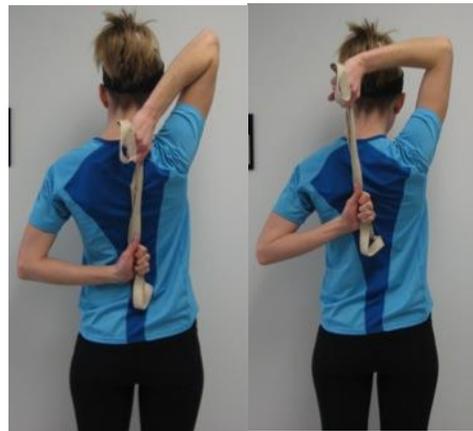


Figure 1

### Normative Data for Shoulder Mobility Test

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Rating	Description
	<b>Good</b> Fingers are touching
<b>Fair</b>	Fingertips are not touching but are less than 5cm apart

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**Poor** Fingertips are greater than 5cm apart

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*Data and images from Top End Sports*