

# Exercise Therapy

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## Upper Limb Muscle Length Testing Methods

### 1. Pectoralis Major (Clavicular fibers)

#### Test: Horizontal Abduction Test

Procedure:

- Patient lies supine with shoulder abducted to 90°, elbow flexed at 90°.
- Examiner horizontally abducts the arm.
- Limited horizontal abduction indicates tight clavicular fibers of pectoralis major.

### 2. Pectoralis Major (Sternal fibers)

#### Test: Horizontal Abduction at 135° of Shoulder Abduction

Procedure:

- Supine position, shoulder abducted to about 135°.
- Examiner moves arm into horizontal abduction.
- Tightness limits horizontal abduction in this position.

### 3. Pectoralis Minor

#### Test: Scapular Elevation Test

Procedure:

- Patient supine, arms by side.
- Examiner measures the distance from the posterior acromion to the plinth/table surface.
- Increased distance suggests tight pectoralis minor (anterior scapular tilt).

### 4. Latissimus Dorsi

#### Test: Shoulder Flexion Test

Procedure:

- Patient supine, attempts to raise both arms overhead keeping the spine neutral and lumbar flat on the table.
- Inability to fully flex indicates tight latissimus dorsi.

### 5. Teres Major

#### Test: Combined Shoulder Flexion and External Rotation

Procedure:

- Supine, patient attempts to flex shoulder overhead with external rotation.
- Limited range indicates tight teres major (which limits shoulder flexion and ER).

### 6. Upper Trapezius

#### Test: Cervical Lateral Flexion with Shoulder Depression

Procedure:

- Patient sitting, examiner depresses the ipsilateral shoulder while the patient laterally flexes the neck to the opposite side.
- Limited lateral flexion suggests tight upper trapezius.

## **7. Levator Scapulae**

### **Test: Cervical Rotation and Flexion with Shoulder Depression**

Procedure:

- Sitting, shoulder depressed by examiner.
- Patient rotates and flexes neck forward (looking down and to opposite side).
- Limited movement indicates tight levator scapulae.

## **8. Sternocleidomastoid (SCM)**

### **Test: Cervical Extension with Contralateral Rotation**

Procedure:

- Patient supine.
- Examiner passively extends the neck and rotates it to the opposite side.
- Limited motion or discomfort suggests tight SCM.

## **9. Wrist Flexors**

### **Test: Wrist Extension Test**

Procedure:

- Elbow extended, forearm supinated.
- Examiner passively extends the wrist.
- Limited wrist extension indicates wrist flexor tightness.

## **10. Wrist Extensors**

### **Test: Wrist Flexion Test**

Procedure:

- Elbow extended, forearm pronated.
- Examiner passively flexes the wrist.
- Limited wrist flexion indicates wrist extensor tightness.

## **11. Biceps Brachii**

### **Test: Shoulder Extension with Elbow Extended and Forearm Pronated**

Procedure:

- Supine, patient attempts shoulder extension with elbow extended and forearm pronated.
- Limited shoulder extension suggests biceps brachii tightness.

## **12. Triceps Brachii**

### **Test: Shoulder Flexion with Elbow Flexion**

Procedure:

- Supine, patient attempts shoulder flexion with elbow flexed.
- Limited shoulder flexion suggests tight triceps brachii.

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