

O: Infraspinatus
fossa of scapula
I: Greater tubercle
of humerus

Infraspinatus/Teres Minor → Action: External Rotation
Start: Have client lay prone, 90° arm abduction & 90° elbow flexion
Stabilize: elbow at the humerus

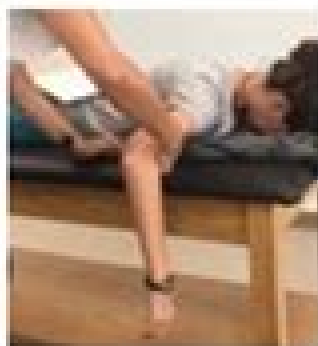
Innervated by:
Suprascapular
nerve (C5-C6)

Can patient: bring back of hand toward ceiling?

Yes

No

Move client closer to edge of table
Have them hang their arm down
Turn their arm into internal
rotation
Let go & have client turn palm the
other way (into internal rotation)
Were they able to externally
rotate?



No

Yes

2 (Poor)

Palpate spine of scapula and go just below
Ask client to externally rotate
Did you feel muscle contraction?

1 Trace

Yes

No

0

Have client bring back of
hand up again & hold it
Gradually apply resistance at
the distal forearm (down
into internal rotation)
Instruct client to hold it
there

Was client able to withstand
resistance?

Yes

3 (Fair)

4/5 (Good/Normal)



Manual Muscle Testing Positions

Léo Pomar

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Table of Contents Manual Muscle Testing Positions

1. Understanding the eBook Manual Muscle Testing Positions
 - The Rise of Digital Reading Manual Muscle Testing Positions
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Muscle Testing Positions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Muscle Testing Positions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Muscle Testing Positions
 - Personalized Recommendations
 - Manual Muscle Testing Positions User Reviews and Ratings
 - Manual Muscle Testing Positions and Bestseller Lists
5. Accessing Manual Muscle Testing Positions Free and Paid eBooks
 - Manual Muscle Testing Positions Public Domain eBooks
 - Manual Muscle Testing Positions eBook Subscription Services
 - Manual Muscle Testing Positions Budget-Friendly Options

6. Navigating Manual Muscle Testing Positions eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Muscle Testing Positions Compatibility with Devices
 - Manual Muscle Testing Positions Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Muscle Testing Positions
 - Highlighting and Note-Taking Manual Muscle Testing Positions
 - Interactive Elements Manual Muscle Testing Positions
8. Staying Engaged with Manual Muscle Testing Positions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Muscle Testing Positions
9. Balancing eBooks and Physical Books Manual Muscle Testing Positions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Muscle Testing Positions
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Manual Muscle Testing Positions
 - Setting Reading Goals Manual Muscle Testing Positions
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Manual Muscle Testing Positions
 - Fact-Checking eBook Content of Manual Muscle Testing Positions
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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