

Scapular Assessment/Screen Worksheet

Standing	I: Medial Border winging	II: Inferior border prominence/Early elevation	III: Upward rotation/Poor eccentrics
Resting Position	Yes/No	Yes/No	Yes/No
Active Elevation	Yes/No	Yes/No	Yes/No
Active Scaption	Yes/No	Yes/No	Yes/No
Active ABD	Yes/No	Yes/No	Yes/No
Loaded (__#)	Yes/No	Yes/No	Yes/No
Scapular Assist Test	Positive/Negative		
Scapular Retraction Test	Positive/Negative		

Specific interventions:

Manual Therapy:

Exercise: