

# Shoulder Motion



## Can you touch your opposite shoulder blade?



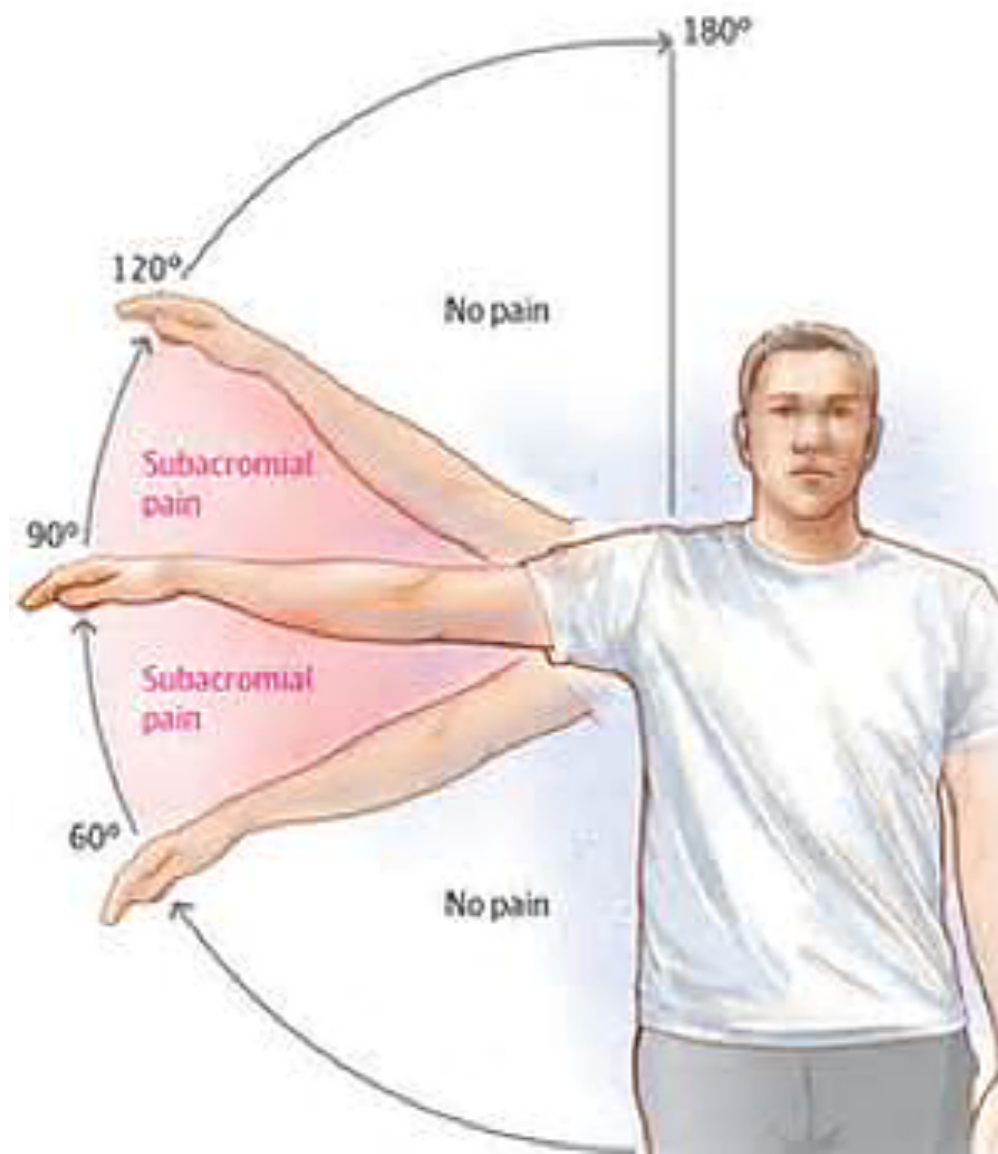
If you have pain when doing this motion you could have very tight shoulders or possibly weak rotator cuff muscles. There are many exercises and stretches that can help prevent this from becoming a major issue. Seek the wellness team out to learn how to do these exercises. This is called painful arc.



**Solving problems before they happen.**



**Can you do raise your arm from your side to overhead with palms down with motion in the frontal plane - this is called arm abduction?**



If you have pain when doing this motion you could have slight rotator cuff impingement. There are many exercises and stretches that can help prevent this from becoming a major issue. Seek the wellness team out to learn how to do these exercises. This is called painful arc.

**Solving problems before they happen.**



**Can you do raise your arm from your side to overhead and touch your ear?**

If you have pain when doing this motion you could have slight rotator cuff impingement. There are many exercises and stretches that can help prevent this from becoming a major issue. Seek the wellness team out to learn how to do these exercises. This is called painful arc.



**Solving problems before they happen.**



## Can you touch your opposite shoulder?

If you have pain when doing this motion you could have slight rotator cuff impingement. There are many exercises and stretches that can help prevent this from becoming a major issue. Seek the wellness team out to learn how to do these exercises. This is called painful arc.



**Solving problems before they happen.**



## Can you do this motion without pain?

If you have pain when doing this motion you could have slight rotator cuff impingement. There are many exercises and stretches that can help prevent this from becoming a major issue. Seek the wellness team out to learn how to do these exercises. This test is known as the Hawkins Test.



**Solving problems before they happen.**