Shoulder Symptom Modification Procedure (SSMP)
Jeremy Lewis PhD V2

Patient’s name: ___________________________  DoB: ______________  Date: ______________

Symptomatic movement or posture 1: ______________________________________________________
Symptomatic movement or posture 2: ______________________________________________________

1. Thoracic kyphosis
   - Finger on sternum technique
   - Taping technique
   - Manual therapy
   - Other
   - Optional
     - Angle (pre) _____°
     - Angle (post) _____°

   Comments:

   Change in NSRS (1) _____%  (2) _____%

2a. Scapular position
   - Elevation
   - Depression
   - Protraction
   - Retraction
   - Posterior tilt
   - Anterior tilt
   - Internal rotation
   - External rotation
   - Combinations

   Comments:

   Change in NSRS (1) _____%  (2) _____%

2b. Winging scapula
   - N/A
   - Left
   - Right
   - Both
   - Manual stabilisation
   - Taping technique
   - Other

   Comments:

   Change in NSRS (1) _____%  (2) _____%

3. Humeral head procedures
   - Humeral head depression [flexion] – standing / sitting
   - Humeral head depression [abduction] – standing / sitting
   - Humeral head depression [flexion] – supine
   - Humeral head depression [abduction] – supine
   - External rotation test
   - Eccentric elevation test
   - Assisted elevation-flexion
   - Assisted elevation-abduction
   - Adduction resistance test (ER)
   - Adduction resistance test (IR)
   - AP test
   - AP test (with inclination)
   - PA test
   - PA test (with inclination)
   - Other

   Comments:

   Change in NSRS (1) _____%  (2) _____%

4. Neuromodulation procedures
   - __________________________________________
   - __________________________________________
   - __________________________________________
   - __________________________________________

   Comments:

   Change in NSRS (1) _____%  (2) _____%

Clinical reasoning and management plan

Abbreviations: AP (anterior-posterior), PA (posterior-anterior), NSRS (numerical symptom rating scale), ER (external rotation), IR (internal rotation)