

# Shoulder Symptom Modification Procedure (SSMP)

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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