

## SHOULDER EXTENSION INTERPRETATION

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Movement/Limitation—Extension	Shoulder Mobility
Ability to extend the shoulders to 50–60 degrees off the floor	Good shoulder mobility
Inability to extend the shoulders to 50 degrees or discrepancies between the limbs	Potential tightness in pectoralis major, abdominals, subscapularis, certain shoulder flexors (anterior deltoid), coracobrachialis, and biceps brachii <ul style="list-style-type: none"><li>▶ Tightness in the abdominals may prevent normal extension of the thoracic spine and rib cage.</li><li>▶ Tightness in the biceps brachii may prevent adequate shoulder extension with an extended elbow (but may permit extension with a bent elbow).</li></ul>

Source: Houglum, P.A. (2016). *Therapeutic Exercise for Musculoskeletal Injuries* (4th ed). Champaign, Ill.: Human Kinetics.