Objective: To examine stabilization of the scapulothoracic joint during closed-kinetic-chain pushing movements

Instructions:
• Briefly discuss the protocol so the client understands what is required.
  ✓ The client presses his or her body off the ground as the trainer evaluates the ability to stabilize the scapulae against the thorax (ribcage) during pushing-type movements.
• Instruct the client to lie prone on the floor with arms abducted in the push-up position or bent-knee push-up position.
• Ask the client to perform several push-ups to full arm extension.
  ✓ Subjects should perform full push-ups; modify to bent-knee push-ups if necessary.
  ✓ It is important to remember not to cue the client to use good technique, but instead observe his or her natural movement.
  ✓ Repetitions need to be performed slowly and with control.

Observations (see table at right):
• Observe any notable changes in the position of the scapulae relative to the ribcage at both end-ranges of motion (i.e., the appearance of scapular “winging”)
• Observe for lumbar hyperextension in the press position.

General interpretations:
• Identify the origin(s) of movement limitation or compensation.
• Evaluate the impact on the entire kinetic chain.