

Movement + Muscles	Patient Position	Therapist Position	What to do	Grades
Scapular Elevation -Trapezius (upper) - Levator scapulae	-Seated at end or side of bed -Arms relaxed in lap DO: “raise up/ shrug shoulders (against my resistance)”	-Behind patient -Hands on top of shoulders DO: provide resistance	Look for: shoulder height, asymmetry, scapular winging, muscular bulk	5 (normal) 4 (good) 3 (average) 2 (weak) 1 (trace) 0 (zero)

