Neurological Physiotherapy

Skill Number U 9

Impairment Loss of dexterity

Aim To train shoulder external rotation in preparation for reaching

Rationale:
An important component of reaching is shoulder external rotation. Task-related training is set up so the patient can practice with manual guidance from the therapist if necessary and/or support from the table.

Equipment:
• Table/adjustable height plinth
• Chair
• Piece of paper
• Pen
• Target (eg. cup)

Key Points:
• Patient is positioned in sitting, arm supported on table, arm positioned with shoulder in neutral and 90° elbow flexion
• Patient externally rotates shoulder
• Therapist is positioned to the side of the patient and provides manual guidance at the arm if necessary
• Therapist provides feedback for range of movement using a pen and/or paper

Common Errors:
• Patient abducts shoulder

Progression and Variety:
• Decrease/remove manual guidance
• Remove support from plinth (shown in video)
• Increase amplitude of movement
• Increase speed of movement