

# Shoulder Symptom Modification Procedure [SSMP] v6

[www.LondonShoulderClinic.com](http://www.LondonShoulderClinic.com)

Name:

DoB:

Date:

Symptomatic movement, activity or posture

#1: .....

#2: .....

#3: .....

Change / improvement:

None	Worse	Partial	Complete
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Comment

## [1] Thoracic Kyphosis

Thoracic extension

Taping

## [2A] Scapular Position

Elevation

Depression

Retraction

Posterior tilt

Other

Combinations:

## [2B] Winging Scapula

n/a

Manual stabilisation

Taping

## [3] 'Humeral Head' Procedures

Depression - flexion

Depression - abduction

Depression - flexion (supine)

Depression - abduction (supine)

Eccentric flexion

Eccentric abduction

External rotation

Internal rotation

AP | AP with inclination:

PA | PA with inclination:

Other

## [4] Additional

Abbreviations: P = pain, W= weak, sl= slight, sh=shoulder, +ve = positive, -ve = negative / absent, pt = patient, ↑= increase, ↓=decrease