

D. Identify the position of the scapula during the following functional movements:

- Brushing the hair on the back of your head:
- Bringing your arm back to throw a ball:
- Standing, reaching down to scratch your knee:
- Doing a push-up when arms are extended:
- Reaching up to touch the ceiling:

E. Identify the position of the GH joint during the following functional movements:

- Brushing the hair on the back of your head:
- Bringing your arm back to throw a ball:
- Standing, reaching down to scratch your knee:
- Doing a push-up when arms are extended:
- Reaching up to touch the ceiling:

2. **ROM Chart:** Proceed through each joint motion with your partner and record the available ROM in Table 7-6.

Table 7-6 Range of Motion Application Table			
	Motions	Available ROM (degrees)	ROM of partner
Glenohumeral Joint	Flexion	0 to 180	
	Extension (also called hyperextension)	0 to 50	
	Abduction	0 to 180	
	Adduction	180 to 0	
	Internal rotation	0 to 90	
	External rotation	0 to 90	
	Horizontal abduction	0 to 45	
	Horizontal adduction	0 to 135	