1. This document was created to support maximum accessibility for all learners. If you would like to print a hard copy of this document, please follow the general instructions below to print multiple slides on a single page or in black and white.
2. If you are viewing this course as a recorded course after the live webinar, you can use the scroll bar at the bottom of the player window to pause and navigate the course.
3. This handout is for reference only. Non-essential images have been removed for your convenience. Any links included in the handout are current at the time of the live webinar, but are subject to change and may not be current at a later date.
4. Copyright: Images used in this course are used in compliance with copyright laws and where required, permission has been secured to use the images in this course. All use of these images outside of this course may be in violation of copyright laws and is strictly prohibited.

How to print Handouts

- On a PC
  - Open PDF
  - Click Print
  - Choose # of pages per sheet from dropdown menu
  - Choose Black and White from “Color” dropdown
- On a Mac
  - Open PDF in Preview
  - Click File
  - Click Print
  - Click dropdown menu on the right “preview”
  - Click layout
- Choose # of pages per sheet from dropdown menu
- Checkmark Black & White if wanted.
- If more details needed please visit our FAQ page: https://www.occupationaltherapy.com/help

No part of the materials available through the continued.com site may be copied, photocopied, reproduced, translated or reduced to any electronic medium or machine-readable form, in whole or in part, without prior written consent of continued.com, LLC. Any other reproduction in any form without such written permission is prohibited. All materials contained on this site are protected by United States copyright law and may not be reproduced, distributed, transmitted, displayed, published or broadcast without the prior written permission of continued.com, LLC. Users must not access or use for any commercial purposes any part of the site or any services or materials available through the site.

Technical issues with the Recording?

- Clear browser cache using these instructions
- Switch to another browser
- Use a hardwired Internet connection
- Restart your computer/device

Still having issues?

- Call 866-782-9924 (M-F, 8 AM-8 PM ET)
- Email customerservice@OccupationalTherapy.com

Taping for Shoulder Conditions
Part I: Screening/Exam

Ann Marie Feretti, EdD, OTR/L, CHT, CKTP
Irene Lee, PT, DPT, SCS, CKTP

- Presenter Disclosure: Financial: Ann Marie Feretti and Irene Lee have received an honorarium for presenting this course. Non-financial: Ann Marie Feretti and Irene Lee have no relevant non-financial relationships to disclose.

- Content Disclosure: This learning event does not focus exclusively on any specific product or service.

- Sponsor Disclosure: This course is presented by OccupationalTherapy.com.

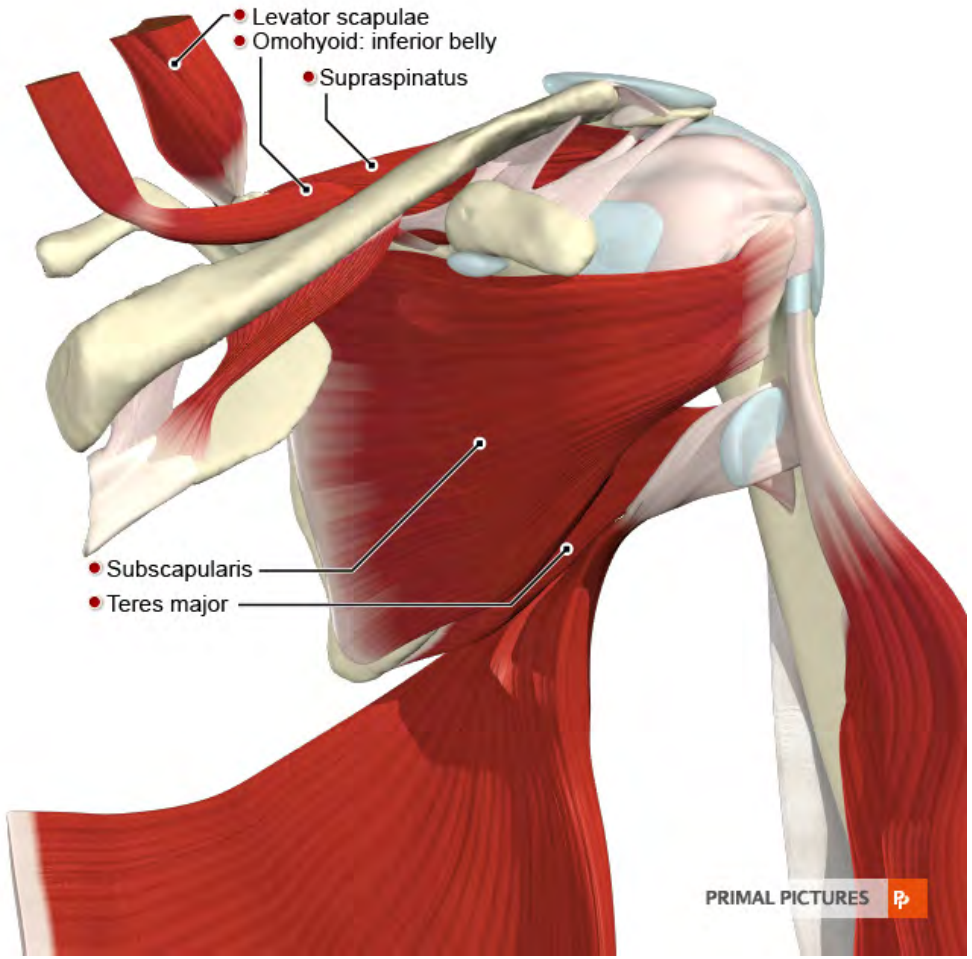
Learning Outcomes

After this course, participants will be able to:

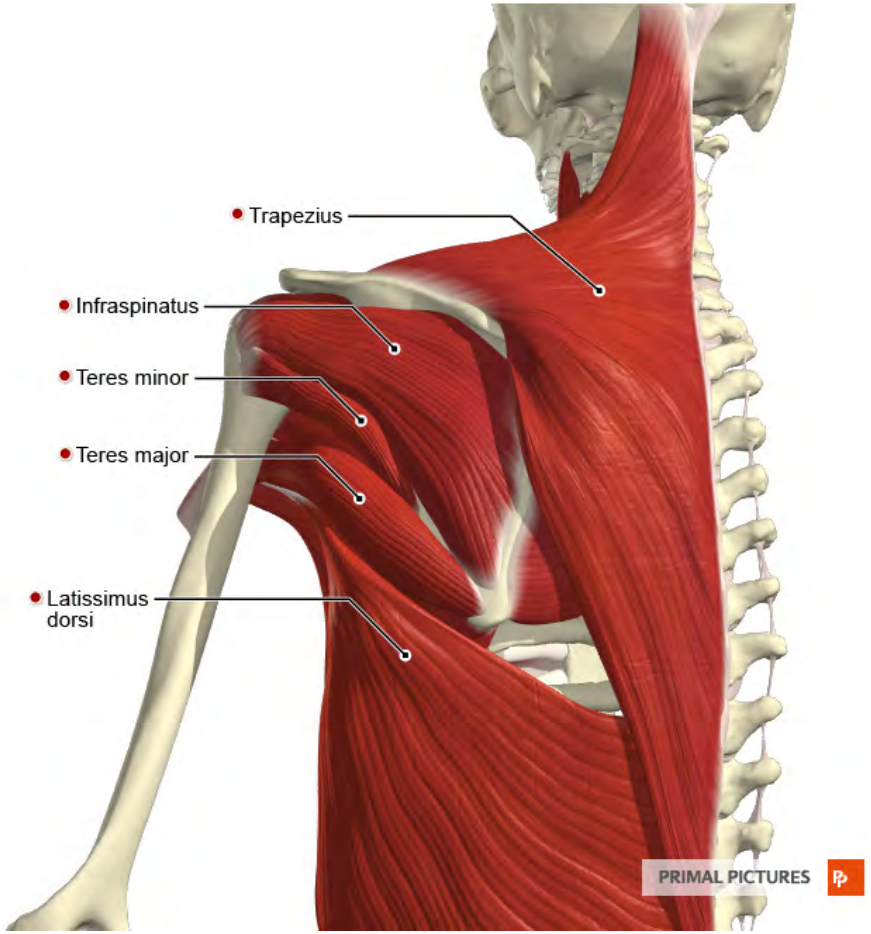
- Identify appropriate assessment techniques based on the client's presentation and concerns
- Recognize functional shoulder limitations that could benefit from taping as an intervention
- List components of a comprehensive shoulder exam and determine an appropriate diagnosis

Anatomy and Kinesiology

Shoulder Anatomy

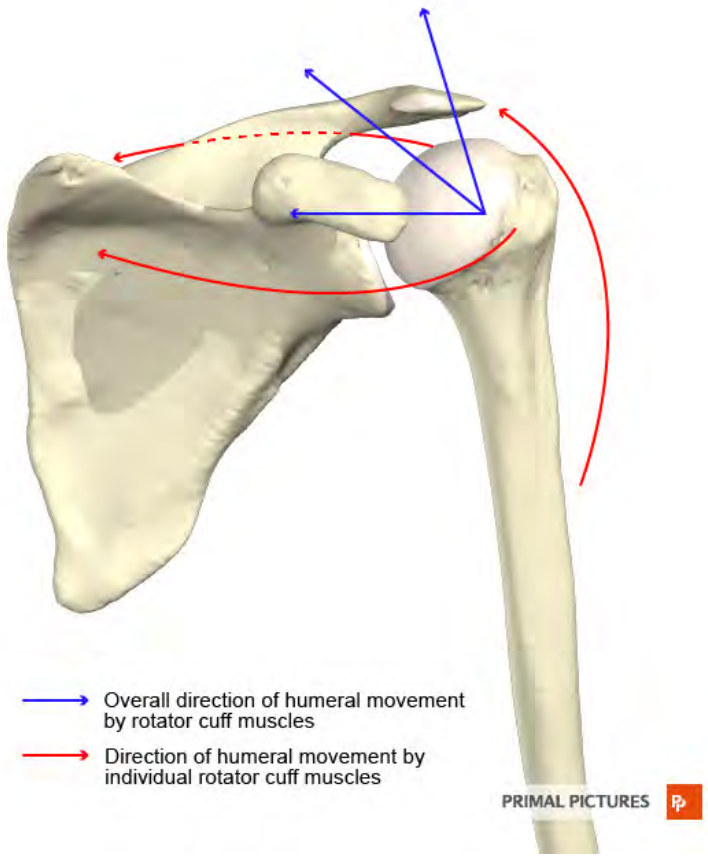


Shoulder Anatomy (cont.)



Shoulder Kinesiology

- Glenohumeral rhythm

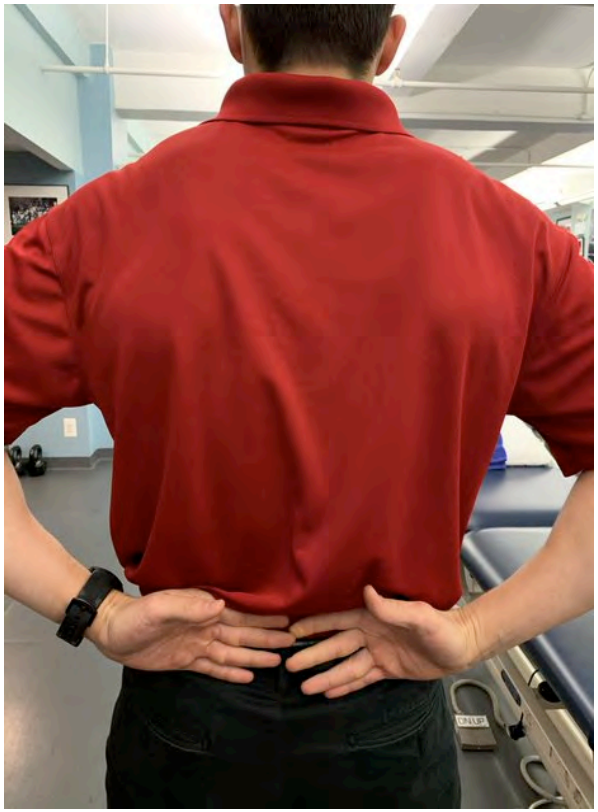


- Scapula:Humerus ratio 1:2 ratio
- When arm is abducted to 180˚, 60˚ occurs by scapular rotation, and 120˚ is due to rotation of the humerus at the shoulder joint

Scapulohumeral Rhythm

Scapular Kinematics

- Pattern I: Inferior Angle prominence



- Pattern II: Medial border prominence

Scapular Kinematics (cont.)

- Mixed pattern (Pattern I + II)

Shoulder Exam

Shoulder Exam

- Subjective report by patient
  - Relevant past medical history/mechanism of injury (if any)
  - Pain: sharp, sore, achy, etc.
  - “Clicking” or “grinding”
  - Feels “unstable” or “not staying in the socket”
  - Weakness
  - Numbness
  - What ADLs are affected?
    - Sleeping
    - Lifting/carrying
    - Sitting

Shoulder Exam (cont.)

- Observation
  - Scapular posture
    - Winging?
    - One side sitting “higher” than the other?
    - Have patient stand in front of you. Palpate the inferior angles of the scapulae and have patient perform slow scaption.
      - Does one side “move” faster than the other?
  - Neck posture
  - Shoulder posture
  - Muscle bulk – same on both sides?

Shoulder Exam (cont.)

- Range of motion:
  - Cervical Spine
  - Shoulder
    - Active vs passive – any differences or symptoms illicited?
  - Gross elbow and hand
  - Gross thoracic mobility

Shoulder Exam (cont.)

- Strength MMT
  - Flexion
  - Abduction
  - External/Internal Rotation

Shoulder Exam (cont.) - Special Tests

Instability

- Apprehension/Relocation

Shoulder Exam (cont.) - Special Tests

Instability:

- Sulcus Sign

Shoulder Exam (cont.) - Special Tests

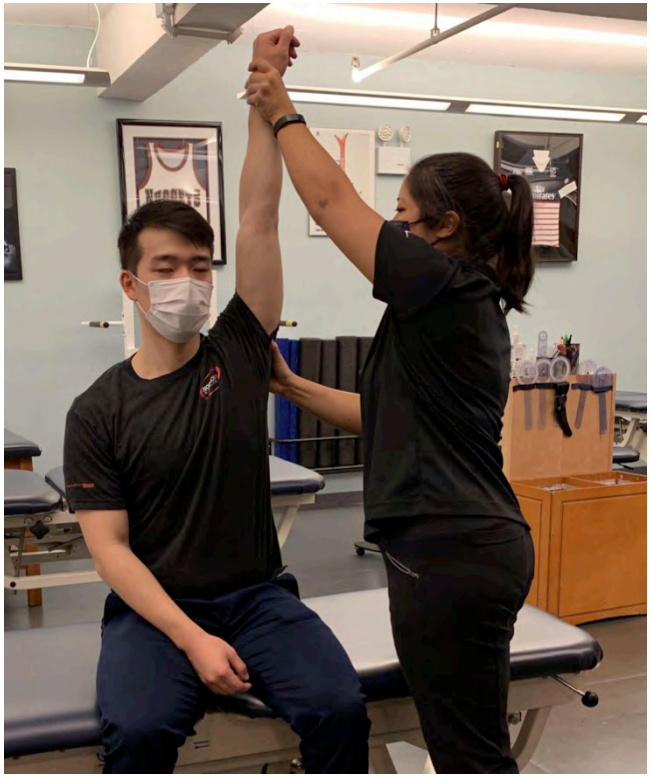
Labrum Involvement:

- Biceps Load Test

Shoulder Exam (cont.) - Special Tests

Impingement:

- Neer's



Shoulder Exam (cont.) - Special Tests

Impingement:

- Hawkins-Kennedy

Shoulder Exam (cont.)

- Rotator Cuff pathology
  - Empty/Full Can

Shoulder Exam (cont.)

- Rotator Cuff pathology
  - Hornblower's (Patte) Test

Shoulder Exam (cont.)

- Rotator Cuff pathology
  - Lift-off Sign

Shoulder Exam (cont.)

- Rotator Cuff pathology
  - Bear Hug Test

Shoulder Exam (cont.)

- AC Joint involvement
  - Cross Body Test

Shoulder Exam (cont.)

- AC Joint involvement
  - AC Sheer Test

Clinical Reasoning: Assess for taping

How to decide if taping will help?

- **Pain** ➡ decompression taping can help decrease restrictions or pressure on a certain region (i.e., portal sites, insertion/origin of muscles that are irritated, etc.)
- **Swelling/Bruising** ➡ lymphatic taping can help improve circulation and reduce ecchymosis and swelling

Clinical Reasoning: Assess for taping

How to decide if taping will help? (cont.)

- **Stability** ➡ taping gives constant and continuous neuromuscular feedback to stability muscles [?] does the joint feel better and more stable when you lightly provide stability with your hands?
- **Muscle Inhibition** ➡ decrease overactive muscles that may cause improper posture
- **Muscle facilitation** ➡ does tapping or place and hold help facilitate weaker muscles?

Clinical Reasoning: Assess for taping

How to decide if taping will help? (cont.)

Soft Tissue Assessment

- use your **observation skills** to assess
  - edema
  - ROM restrictions
- use your **manual skills** to glide
  - skin
  - scar
  - fascia
  - muscle

Will taping help?

Listen to your patient! What are their symptoms and do they improve with tissue gliding- will taping help?

Clinical Reasoning: Assess for taping

How to decide if taping will help? (cont)

REMEMBER:

- The tape is a modality. It's not a "be all, end all cure".
  - After taping, you should always reassess, and then follow up with therapeutic and neuromuscular re-education exercises
- Can always be easily removed if "less than desired" reaction occurs (i.e., increased pain, etc.)
- Treat it like a brace – should not "rely" on it

Questions?

Ann Marie Feretti: aferetti@motionptg.com
Irene Lee: ilee@motionptg.com

References

- Gulick, D. (2009). *Ortho Notes: Clinical Examination Pocket Guide (2nd Edition)*. F.A. Davis Company. Philadelphia.
- Hassan, B.S., Abbass, M.E., & Elshennawy, S. (2019). Systematic review of the effectiveness of Kinesiotaping for children with brachial plexus injury. *Physiotherapy research international: the journal for researchers and clinicians in physical therapy*. 25:e1974-n/a.
- Hormann, J., Vach W., Jakob, M. Seghers, S., & Saxer, F. (2020). Kinesiotaping for postoperative oedema – what is the evidence? A systematic review. *BMC sports science, Medicine & Rehabilitation.* 12:14-4.
- Occupational Therapy Practice Framework: Domain and Process (3rd Edition). *Am J Occup Ther* 2017; 68(Supplement_1): S1-S48. https://doi.org/10.5014/ajot.2014.682006
- Ortega- Castillo, M., Martin-Soto, L., & Medina-Porqueres, I. (2020). Benefits of Kinesiology tape on tendinopathies: A systematic review. *Montenegrin journal of sports science and medicine*. 9:73-86.
- Shakeri, H., Soleimanifar, M., Arab, A.M., & Hamneshin Behbahani, S. (2017). The effects of Kinesio Tape on the treatment of lateral epicondylitis. *Journal of Hand Therapy*. 31:35-41.
- Shih, Y., Lee, Y., & Chen, W. (2018). Efffects of kinesiology taping on scapular reposition accureacy, kinematics, and muscle activity in athletes with shoulder impingement syndrome – A randomized controlled study. Journal of sport rehabilitation. 27:1-569.

References (cont'd)

- Spider-Tech website. Available at http://www.spidertech.com/what-is-spidertech/. Accessed January 6, 2015.
- KT 1: Fundamental Concepts of Kinesio Taping Method (Text book/Class attended, 2014)
- KT 2: Fundamental Concepts of Kinesio Taping Method(Text book/Class attended, 2014)
- KT 3: Clinical Concepts and Advanced Taping Methods(Text Book/Class Attended, 2014