

TEST	COMPLETED	Rate the quality/ range (1-10) 1 bad -- 5 decent -- 10 fantastic	Rate the pain (out of 10) 0 no pain, 10 severe
Head Turn	Left Right		
Side Bend	Left Right		
Quadrant	Left Right		
Chin Look Up	Left Right		
Lateral Arm Raise	Left Right		
Tucked Elbow Forearm Rotation	Left Right		
90 Degree Rotation	Left Right		
V Squat			
Upper Scratch	Left Right		
Lower Scratch	Left Right		
Cross Body Stretch	Left Right		

TEST	COMPLETED	Rate the quality/ range (1-10) 1 bad -- 5 decent -- 10 fantastic	Rate the pain (out of 10) 0 no pain, 10 severe
Shoulder Touch Elbow Lift	Left Right		
Cat/Cow			
Trunk Rotation	Left Right		
Child's Pose			
Elbow Bend			
Plank			
Shoulder Blade Push			
Push Up - Regular			
Push Up - Close Hand			
Push Up - Release Hands			