

The Occupational Therapy Student (OTS) conducted goniometric measurements with the client on 6/24/26 at Yale New Haven's outpatient clinic under the supervision of the occupational therapist. Goniometry was selected to obtain objective measurements of shoulder range of motion for a required progress assessment and to monitor changes over time. The goniometric findings provide objective evidence of changes in shoulder mobility that can be used to monitor progress toward functional goals involving overhead reaching and other upper-extremity activities.

The client was attentive, cooperative, and actively engaged throughout the assessment, which included shoulder flexion, extension, abduction, and external, and internal rotation. The client demonstrated improved ROM in all shoulder movements, with the exception of a slight decline in shoulder flexion. The OTS identified several client strengths, including strong family support, motivation to increase independence, adherence to the home exercise program (HEP), and a sociable, outgoing demeanor that facilitated participation throughout the session. The client also reported that skilled occupational therapy services have improved their ability to perform daily activities. The primary functional limitation reported by the client was difficulty reaching overhead due to decreased shoulder flexion; however, they stated that occupational therapy has significantly improved their overall functional performance when reaching overhead. Based on the assessment findings, the client, OT, and OTS agreed to continue the current HEP, with follow-up at the outpatient clinic in approximately eight weeks or sooner if progress plateaus or functional performance declines.

Goniometry:

Shoulder	R ROM	L ROM
Flexion	168	126 (initial: 110)
Extension	36	49 (initial: 30)
Abduction	158	108 (initial: 100)
Adduction	N/A	N/A
External Rotation	58	68 (initial: 38)
Internal Rotation	T8	T10 (initial: pant line)