

Internal and external shoulder rotation

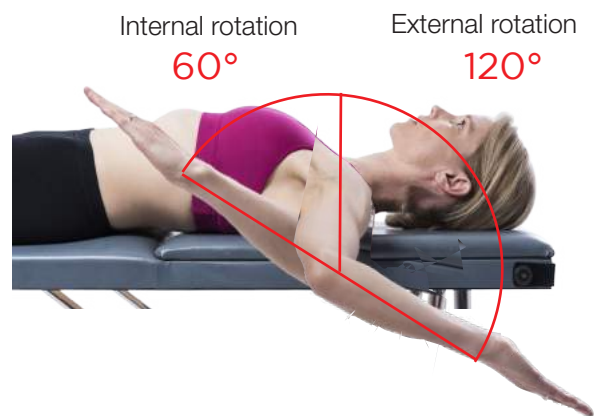
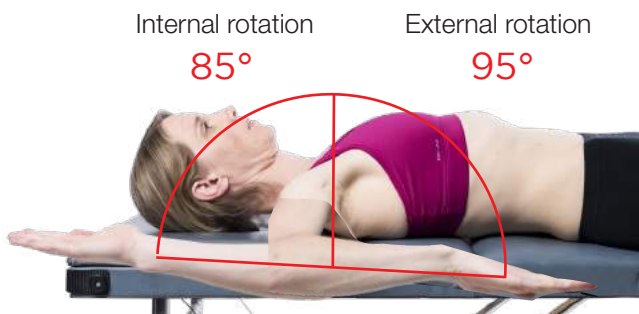
There are a few factors that could be predictive or are associated with shoulder problems:

A loss of internal rotation of 18° or more in the throwing shoulder compared to the non-throwing shoulder.^{14,29,30}

A loss of total range of motion within the glenohumeral joint (the total arc of internal and external rotation) of greater than 5° compared with the non-throwing shoulder.³¹⁻³³

Normal: total arc of internal and external rotation non throwing shoulder is 180°

Normal: total arc of internal and external rotation throwing shoulder is 180°



Loss of total arc of internal and external rotation of throwing shoulder compared with non-throwing shoulder is greater than 5° (total arc is 160°)

