

Supplementary file 3: Participant clinical examination findings (n=1030)

<b>Clinical examination of shoulder joints</b>	<b>Mean (SD)</b>	<b>Frequency (percent)</b>
<b>Range of shoulder movement (Degrees)*</b>		
Active flexion	126 (34)	
Passive flexion	139 (30)	
Active abduction	114	
Passive abduction	126	
Passive external rotation	51	
<b>Primary factor restricting each shoulder movement</b>		
<b>Active flexion</b>		128 (12)
Normal		188 (16)
Stiffness		681 (66)
Pain		27 (3)
Weakness		6 (<1)
Apprehension		
<b>Passive flexion</b>		189 (18)
Normal		231 (22)
Stiffness		594 (58)
Pain		14 (1)
Apprehension		
<b>Active abduction</b>		99 (10)
Normal		160 (16)
Stiffness		736 (71)
Pain		29 (3)
Weakness		6 (<1)
Apprehension		
<b>Passive abduction</b>		174 (17)
Normal		193(19)
Stiffness		646(63)
Pain		14(1)
Apprehension		
<b>Passive external rotation</b>		305 (30)
Normal		257 (25)
Stiffness		457 (44)
Pain		7 (<1)
Apprehension		
<b>Clinical examination, contractile</b>		
Difference between active and passive flexion (degrees)	13 (18)	
Difference between active and passive abduction (degrees)	13 (3)	
Presence of an “external rotation lag”[29]		88 (9)
<b>Force of shoulder movement (Newton)**</b>		
Abduction	43 (28)	
External rotation	47 (30)	
<b>Percentage force compared to unaffected side</b>		
Abduction	71 (34)	
External rotation	79 (30)	

<b>Clinical examination, other</b>	<b>Frequency</b>	<b>Percent</b>
<b>Arm pain on movements of the cervical spine</b>		
None	917	90
Yes, but no reproduction of shoulder pain	97	9
Yes, some minor reproduction of shoulder pain***	15	1
<b>Positive change in pain or range of movement during manual facilitation of scapula during active abduction</b>		
Complete resolution of symptoms or restoration of movement	122	12
Some change, (>30%, but not complete resolution)	426	41
No change	482	47
<b>Primary clinical problem stated by physiotherapist (frequency and percentage)</b>		
Pain	763	74
Stiffness	209	20
Weakness	85	8
Instability	15	1

Legend: Data refers to affected shoulder only unless otherwise indicated.

\*Range of shoulder movement measured using a goniometer.

\*\*Force of shoulder movement measured using a hand held myometer (Mecmesin basic digital or analogue force gauge)

\*\*\* Patients with significant reproduction of shoulder pain on movements of the cervical spine were excluded as were patients with a greater reproduction of shoulder pain on movement of the cervical spine in comparison to the shoulder.