

- Decreased/absent shoulder external rotation > compensates with TRUNK ROTATION > due to weakness in the external rotators or tightness in the internal rotators (pecs)
 - Decreased elbow extension > due to tight flexors which are not allowing extension
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- Proprioceptive information goes to the cerebellum and is localised in the sensory cortex.
- A stroke usually results in muscle imbalance, tightness or weakness.
- Muscle tone = amount of **tension inside a muscle** when it is **at rest**
- **HIGH** muscle tone= too much tension/resistance in the muscle at rest, ie: muscle is **tight and tense** even though it is not doing anything, ie, when muscle is **passively stretched** a lot of **resistance** is felt. Can result in contractures, which means less and less range of movement is possible.
- **LOW** muscle tone= not enough tension in the muscle at rest. Muscle may have a slightly mushy feel to it and there is a lack of graded control of the muscle when it is being used (graded control means that just the right amount of movement and effort is used as appropriate for the task at hand).