Physical Assessment 7

Shoulder Assessment

Shoulder Exam Flow

Palpation (may be done after ROM assessment)

Middle trapezius	Rotator cuff superior
Lower trapezius	Rotator cuff anterior
Rhomboids	Teres major
Thoracic spine	Latissimus dorsi
Ribs 1-9 posterior	Subscapularis
Levator scapulae	Serratus anterior
Upper trapezius	Triceps brachii
Scalenes	Deltoid
Thoracic outlet	Deltoid tuberosity
Cervical spine	Pectoralis minor
Supraspinatus	Coracoid process
AC joint	Coracobrachialis
Infraspinatus	Biceps brachii
Teres minor	Bicipital groove
AC step defect	Pectoralis major
Rotator cuff posterior	SC joint

- History questions
- Inspection
- Palpation
- Myotomes
- Neurovascular screen
- Orthopedic tests:
  - *Screening*
  - *Impingement*
  - *Bicipital tendinitis*
  - *Rotator cuff*
  - *Labral tear*

Glenohumeral stability

Rapid Review DDx

Condition	Clinical notes
AC separation	*Hx:* prior trauma - fall onto shoulder or impact over shoulder *SSx:* possible step defect; tenderness to palpation over AC joint; (+) AC shear, cross-body test, O'Brien's *DDx:* supraspinatus rupture, impingement syndrome, rotator cuff tear
Adhesive capsulitis	*Hx:* patient age 40-60, usually female, weeks of shoulder pain & restriction *SSx:* restricted AROM in clear capsular pattern (external rotation > abduction > internal rotation); extremely painful & limited PROM *DDx:* cervical pathology, impingement syndrome, rotator cuff tear
Bicipital tendonitis	*Hx:* pain over anterior shoulder, history of repetitive elbow flexion (weight lifter) *SSx:* exquisite pain with direct palpation of biceps long head tendon; pain with resisted horizontal adduction *DDx:* cervical pathology, rotator cuff strain
Bursitis (subacromial)	*Hx:* pain over superior or lateral GH joint, pain at night difficulty sleeping *SSx:* tender palpation over acromion/deltoid; ↓ shoulder ROM in abduction & flexion; pain may be relieved by GH inferior distraction *DDx:* cervical pathology, rotator cuff strain, impingement syndrome
Glenohumeral osteoarthritis	*Hx:* insidious onset of pain, morning stiffness, worse with excessive activity *SSx:* crepitus & pain w/ ROM; (+) Ellman compression test (GH scour test) *DDx:* AC osteoarthrosis, GH instability, impingement syndrome

Impingement	*Hx:* pain with overhead movements, may refer pain down lateral arm *SSx:* pain with ROM; (+) painful arc, Hawkin's-Kennedy, Neer's *DDx:* cervical pathology, GH instability, poor posture
Instability	*Hx:* prior trauma; patient may be able to demonstrate ↑ motion; patient may have impingement type symptoms due to excess GH movement *SSx:* observation of sulcus sign; (+) load & shift test *DDx:* rotator cuff strain, impingement syndrome, congenital ligament laxity
Rotator cuff tear	*Hx:* prior trauma - lifting or throwing injury; degeneration of rotator cuff? (elderly) *SSx:* weakness in specific rotator cuff movements, abnormal scapulohumeral rhythm; (+) Codman's arm drop, impingement signs, painful arc *DDx:* supraspinatus rupture, impingement syndrome, congenital ligament laxity
Supraspinatus tendonitis	*Hx:* pain with overhead movements or hand placed behind back *SSx:* exquisite pain with resisted supraspinatus movements; (+) empty can test, impingement, pain with direct palpation *DDx:* cervical pathology, GH instability, complete supraspinatus rupture
Thoracic outlet syndrome	*Hx:* pain & paresthesia, possible muscle weakness into shoulder, arm &/or hand *SSx:* myospasm of cervical musculature (depending on cause); (+) TOS tests *DDx:* cervical radiculopathy, cervical disc herniation, carpal tunnel syndrome

Shoulder Exam Form

Shoulder Regional Examination

☑ Check normal, circle & describe abnormal

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

CC & significant history: _____

Fracture screen (tuning fork, percussion, torsion test, ultrasound): □ **WNL** □ **Refer for X-ray**

Pulses (bilateral): □ **WNL** _____

Observation: □ WNL

Development: □ good, □ fair, □ poor

□ Posture: _____

□ Skin (bruising, scars): _____

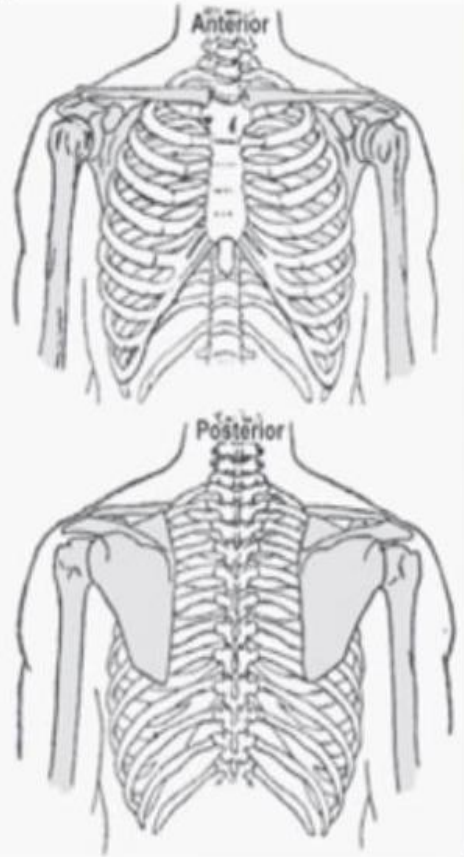
□ Asymmetry: _____

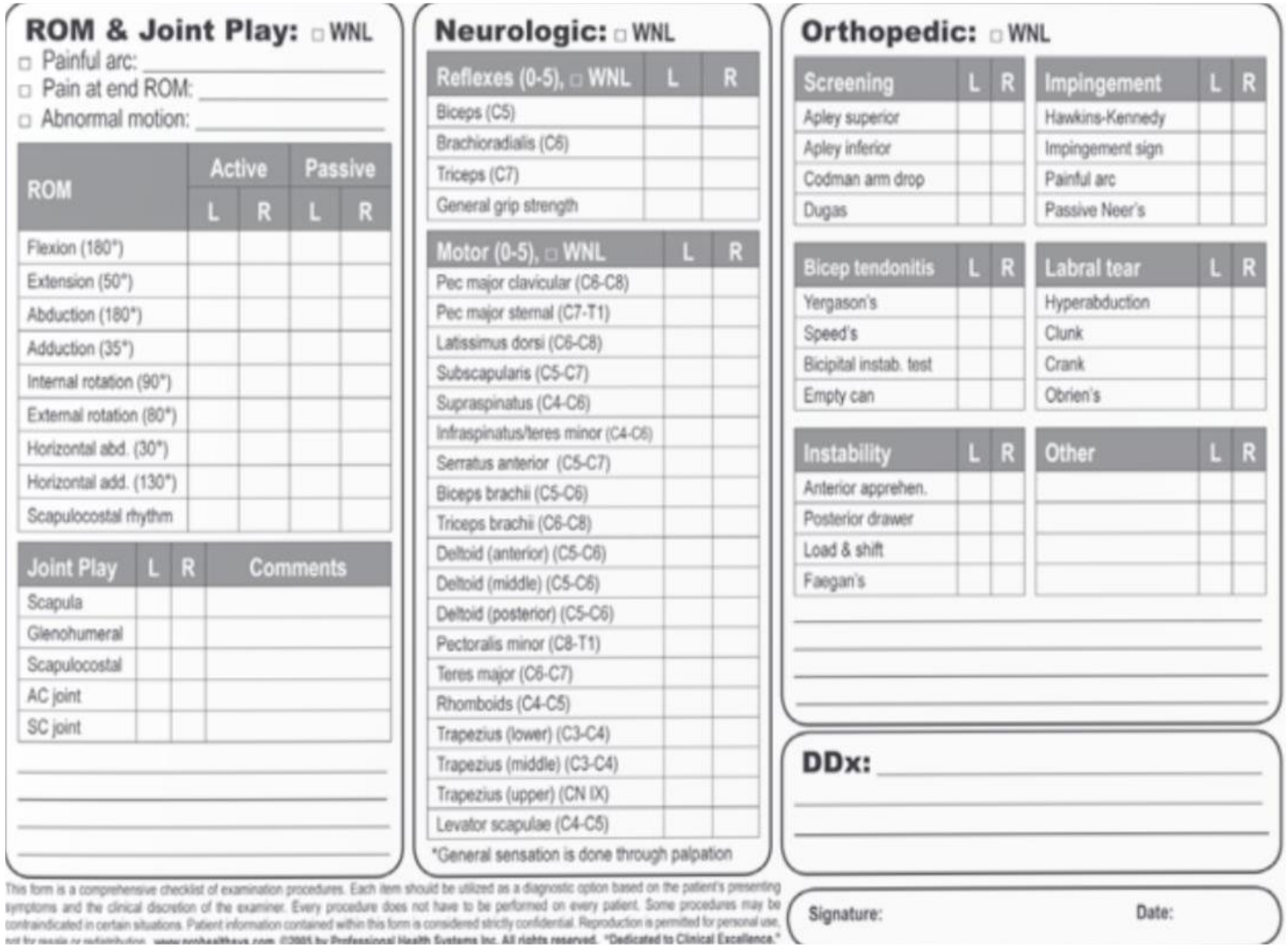
Observation □ WNL	L	R
Head tilt		
Head rotation		
Shoulder high		
Scapula		
Scapula winging		
Shoulder rounded		
Scapula rotated medial		
Scapula rotated lateral		
Humerus internally rotated		
Humerus externally rotated		
GH sulcus sign		
AC step defect		

Palpation: □ WNL, texture, tenderness, pain referral

Palpation	L	R
Middle trapezius		
Lower trapezius		
Rhomboids		
Thoracic spine		
Ribs 1-9 posterior		
Levator scapulae		
Upper trapezius		
Scalenes		
Thoracic outlet		
Cervical spine		
Supraspinatus		
AC joint		
Infraspinatus		
Teres minor		
AC step defect		
Rotator cuff post.		

Palpation	L	R
Rotator cuff sup.		
Rotator cuff ant.		
Teres major		
Latissimus dorsi		
Subscapularis		
Serratus anterior		
Triceps brachii		
Deltoid		
Deltoid tuberosity		
Pectoralis minor		
Coracoid process		
Coracobrachialis		
Biceps brachii		
Bicipital groove		
Pectoralis major		
SC joint		





ROM & Joint Play: ☐ WNL

- ☐ Painful arc: _____
- ☐ Pain at end ROM: _____
- ☐ Abnormal motion: _____

ROM	Active		Passive	
	L	R	L	R
Flexion (180°)				
Extension (50°)				
Abduction (180°)				
Adduction (35°)				
Internal rotation (90°)				
External rotation (80°)				
Horizontal abd. (30°)				
Horizontal add. (130°)				
Scapulocostal rhythm				

Joint Play	L	R	Comments
Scapula			
Glenohumeral			
Scapulocostal			
AC joint			
SC joint			

Neurologic: ☐ WNL

Reflexes (0-5), ☐ WNL	L	R
Biceps (C5)		
Brachioradialis (C6)		
Triceps (C7)		
General grip strength		

Motor (0-5), ☐ WNL	L	R
Pec major clavicular (C6-C8)		
Pec major sternal (C7-T1)		
Latissimus dorsi (C6-C8)		
Subscapularis (C5-C7)		
Supraspinatus (C4-C6)		
Infraspinatus/teres minor (C4-C6)		
Serratus anterior (C5-C7)		
Biceps brachii (C5-C6)		
Triceps brachii (C6-C8)		
Deltoid (anterior) (C5-C6)		
Deltoid (middle) (C5-C6)		
Deltoid (posterior) (C5-C6)		
Pectoralis minor (C8-T1)		
Teres major (C6-C7)		
Rhomboids (C4-C5)		
Trapezius (lower) (C3-C4)		
Trapezius (middle) (C3-C4)		
Trapezius (upper) (CN IX)		
Levator scapulae (C4-C5)		

*General sensation is done through palpation

Orthopedic: ☐ WNL

Screening	L	R
Apley superior		
Apley inferior		
Codman arm drop		
Dugas		

Impingement	L	R
Hawkins-Kennedy		
Impingement sign		
Painful arc		
Passive Neer's		

Bicep tendonitis	L	R
Yergason's		
Speed's		
Bicipital instab. test		
Empty can		

Labral tear	L	R
Hyperabduction		
Clunk		
Crank		
Obrien's		

Instability	L	R
Anterior apprehen.		
Posterior drawer		
Load & shift		
Faegan's		

Other	L	R

_____

_____

_____

_____

DDx: _____

_____

_____

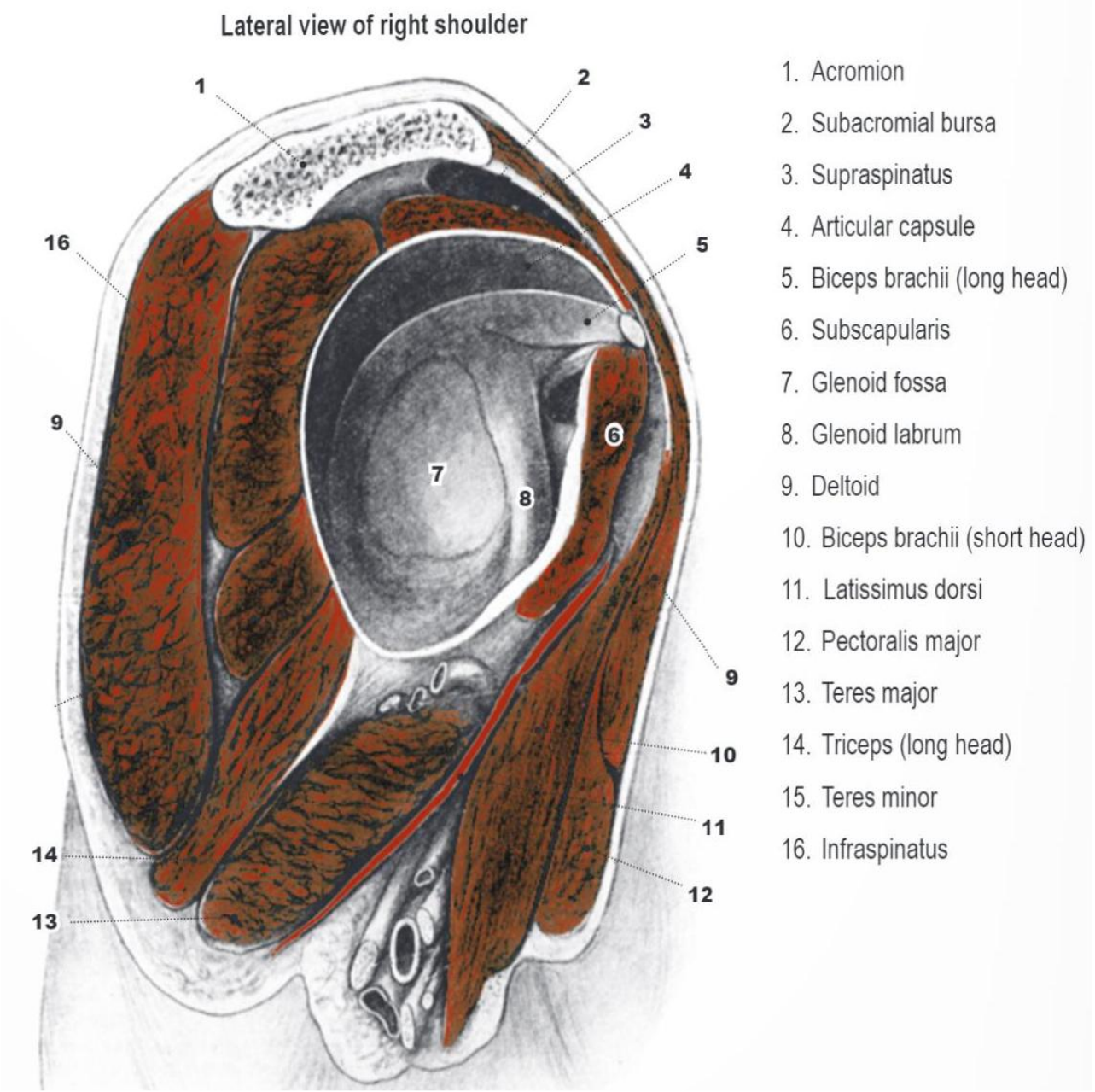
This form is a comprehensive checklist of examination procedures. Each item should be utilized as a diagnostic option based on the patient's presenting symptoms and the clinical discretion of the examiner. Every procedure does not have to be performed on every patient. Some procedures may be contraindicated in certain situations. Patient information contained within this form is considered strictly confidential. Reproduction is permitted for personal use, not for resale or redistribution. www.prohealthsys.com ©2005 by Professional Health Systems Inc. All rights reserved. "Dedicated to Clinical Excellence."

Signature: Date:

Shoulder Kinematic

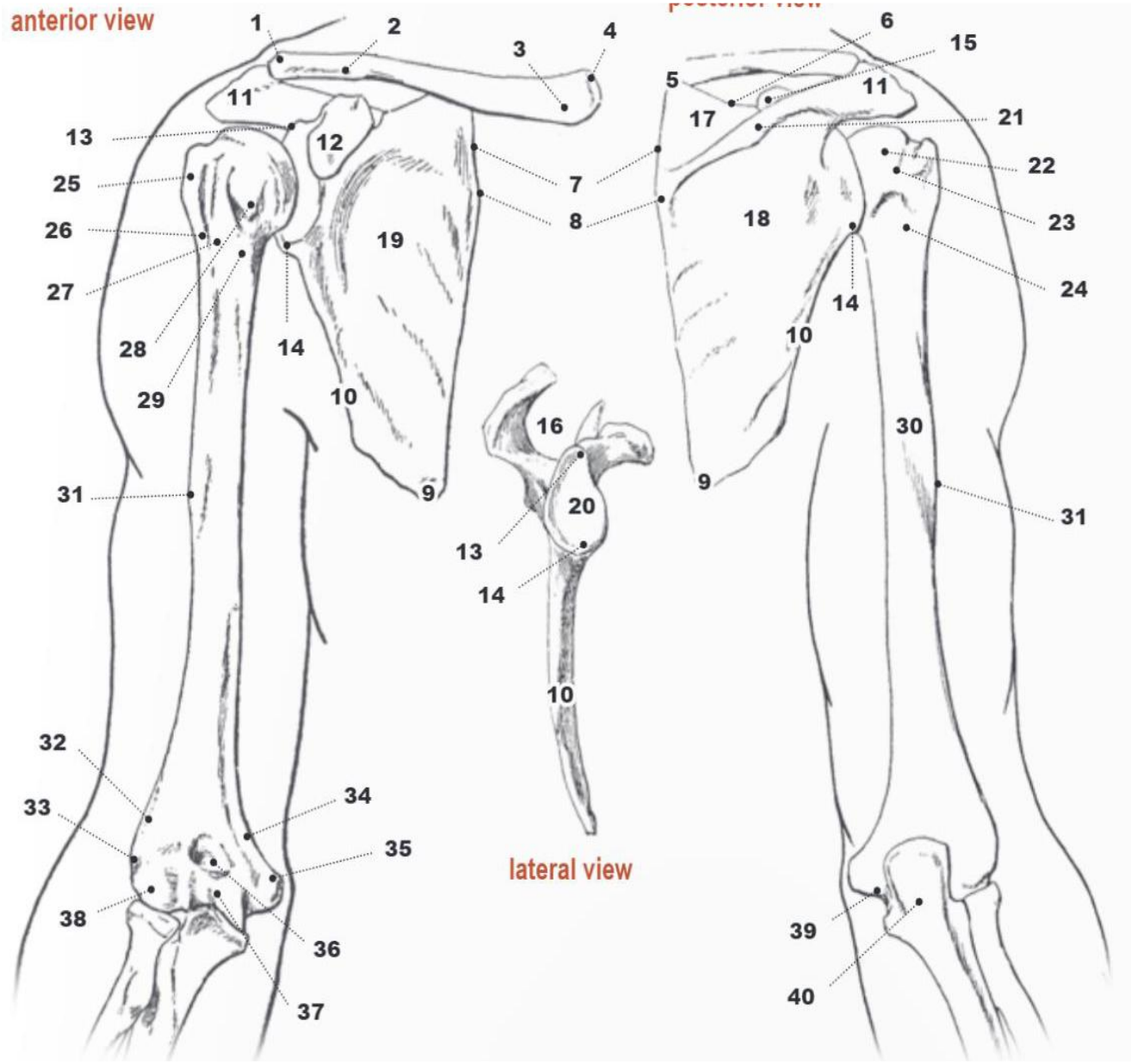
- Joint type
- Articular surfaces
- AROM
- Main muscle actions
- Resting position
- Close packed position
- Normal end feel
- Abnormal end feel
- Capsular restriction
- Details

Anatomy Review

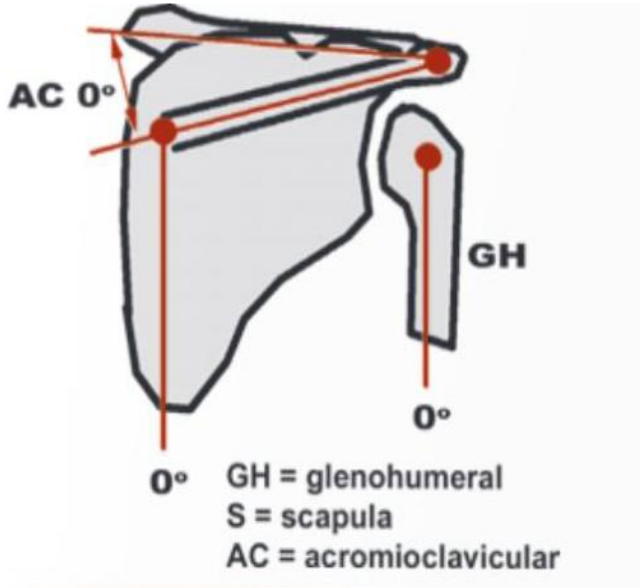


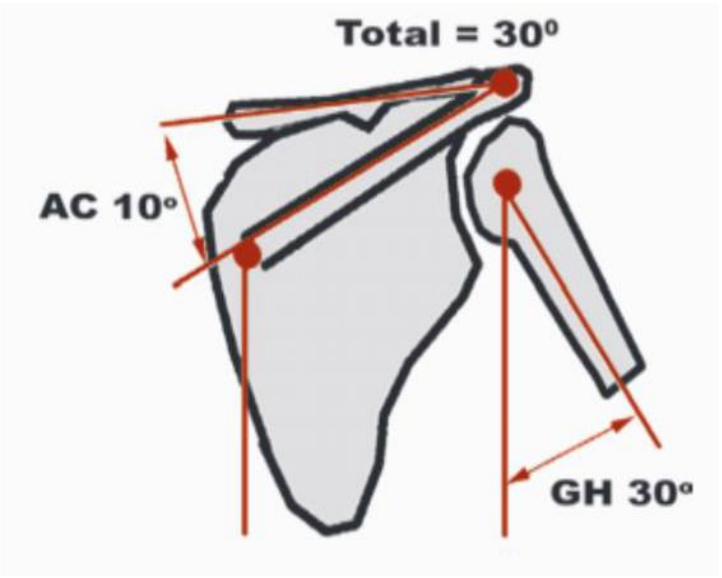
1. Acromion
2. Subacromial bursa
3. Supraspinatus
4. Articular capsule
5. Biceps brachii (long head)
6. Subscapularis
7. Glenoid fossa
8. Glenoid labrum
9. Deltoid
10. Biceps brachii (short head)
11. Latissimus dorsi
12. Pectoralis major
13. Teres major
14. Triceps (long head)
15. Teres minor
16. Infraspinatus

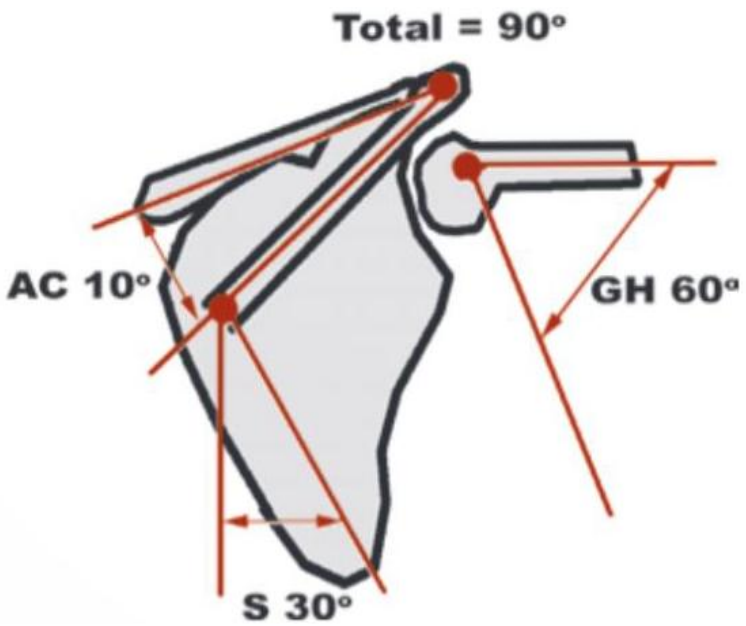
Anatomy Review

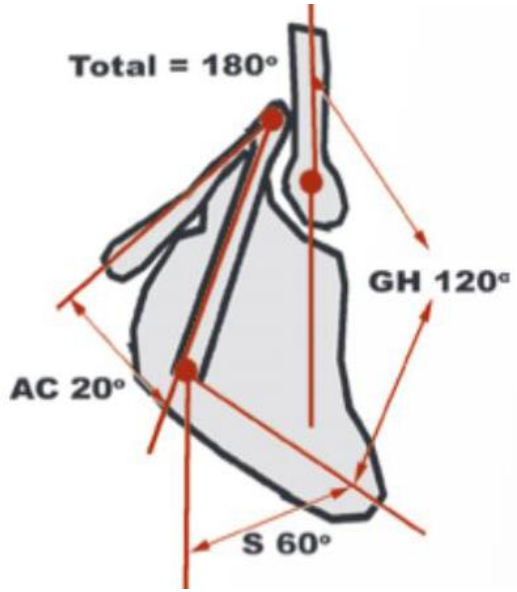


Scapulohumeral Rhythm

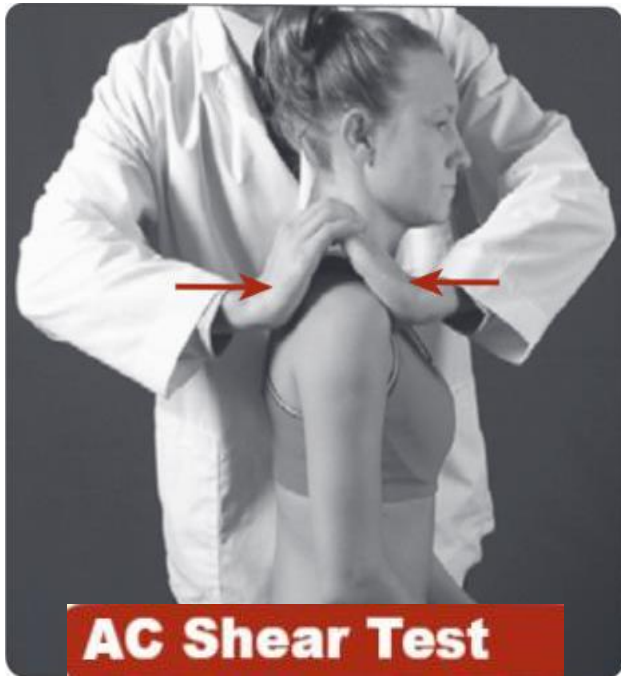


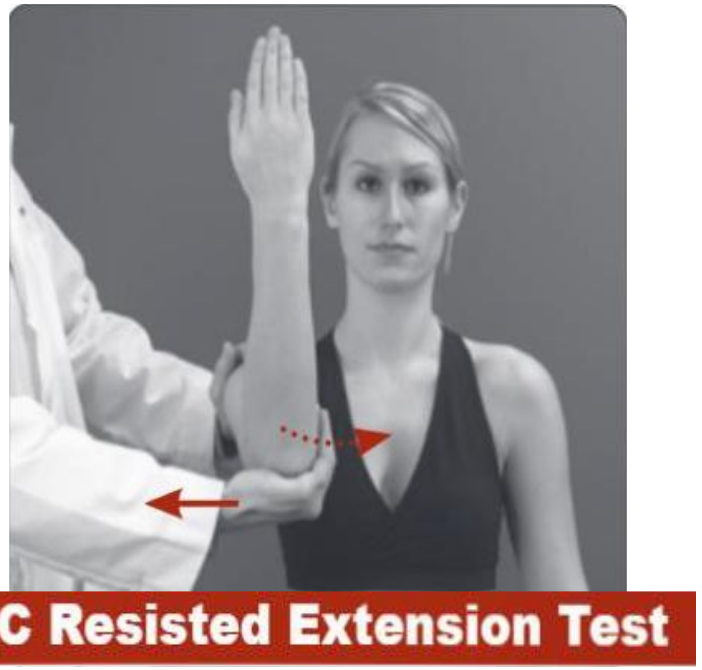






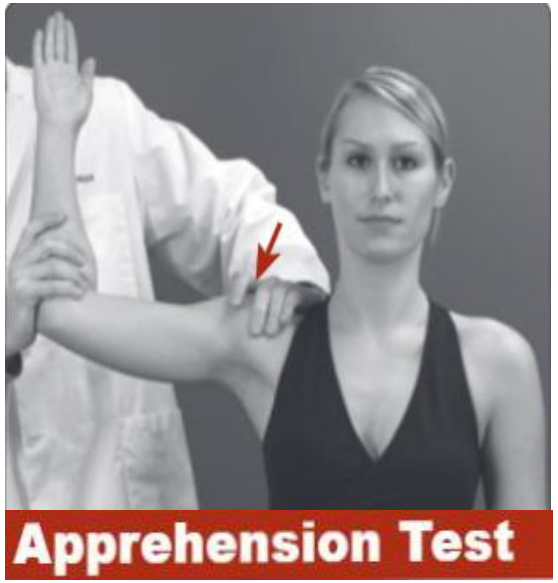
Orthopedic Tests

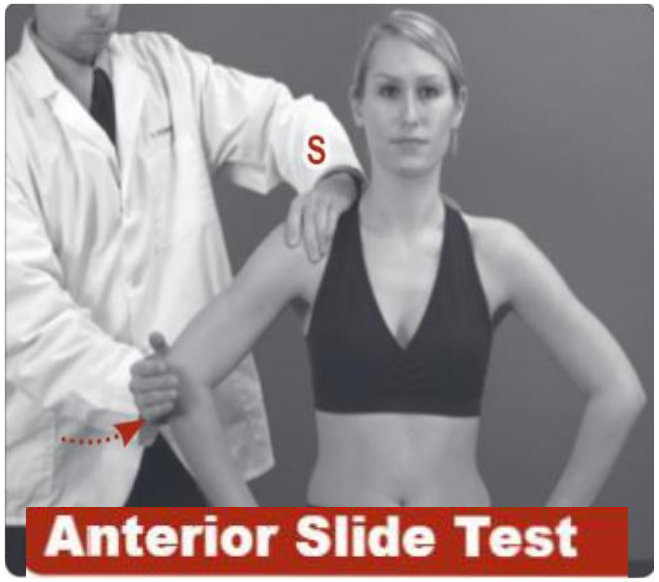


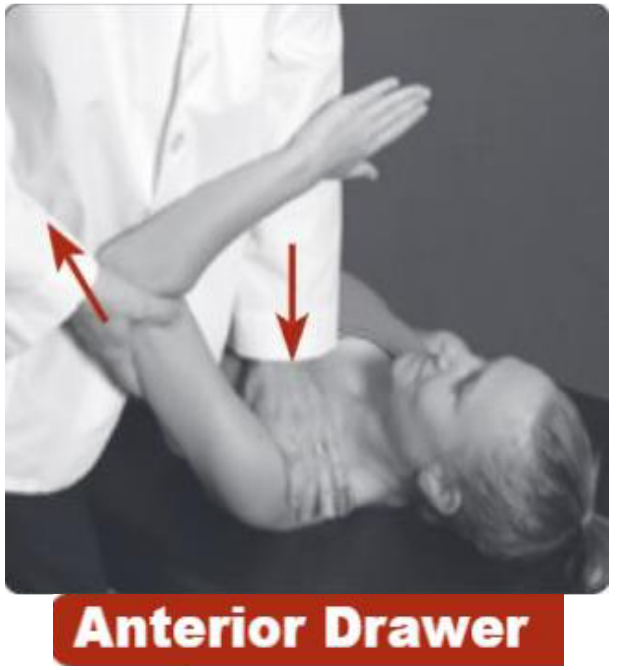


Orthopedic Tests

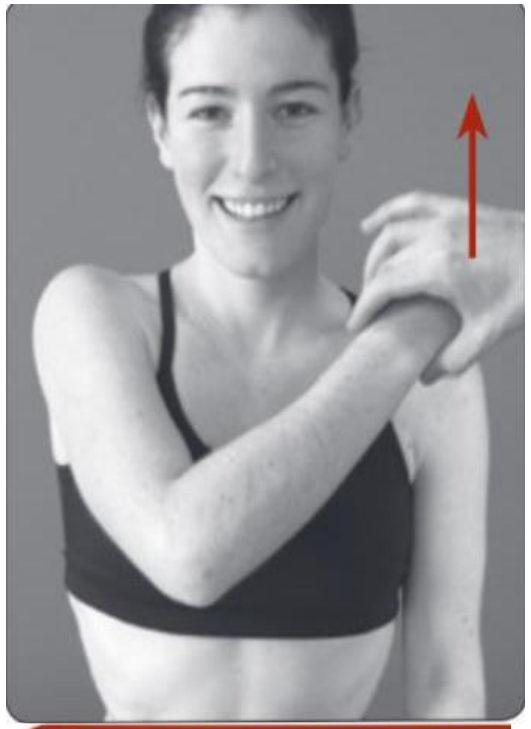
Grade	Description
Normal	0-25% translation
I	25-50% translation, humeral head riding up on glenoid labrum
II	50-75% translation, humeral head rides up & over glenoid labrum, but immediately reduces
III	> 75% translation & humeral head remains dislocated; in cases of severe instability diagnostic imaging should be an immediate follow-up (MRI, x-ray)



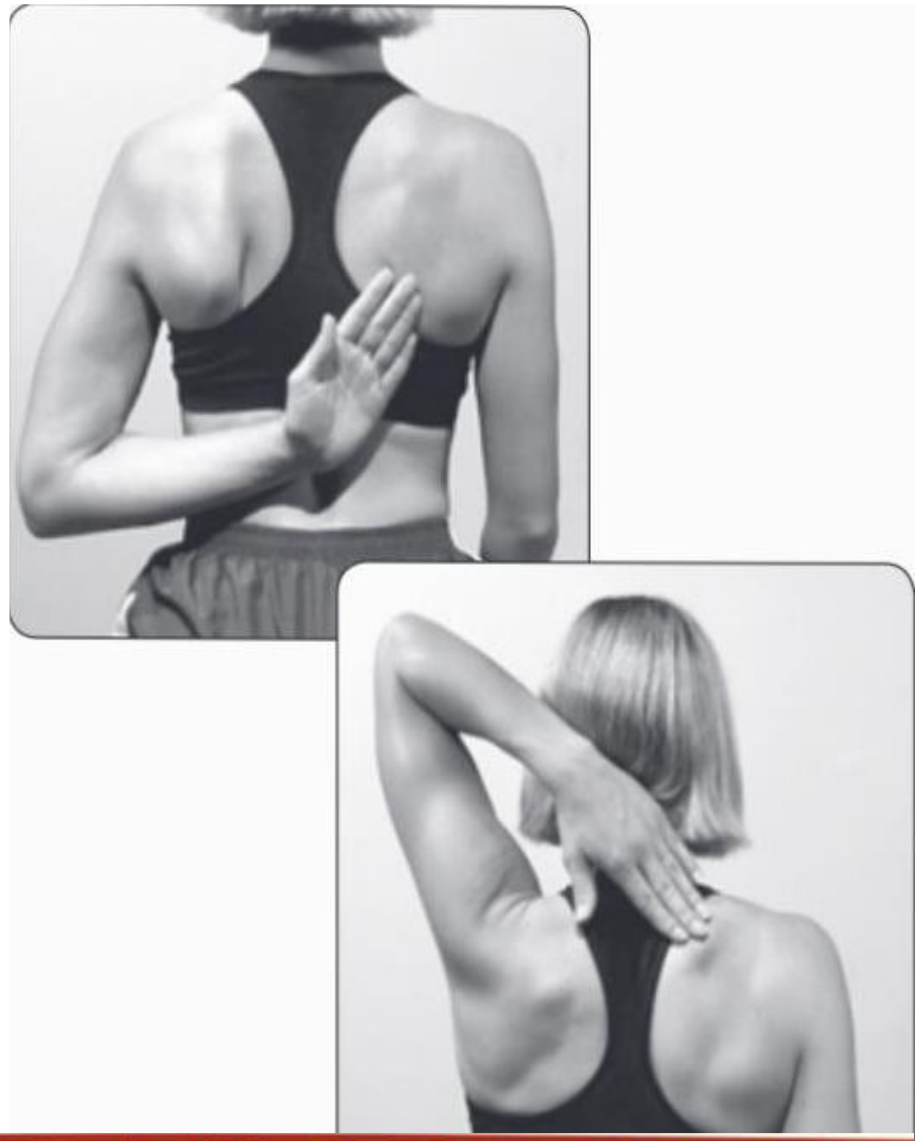




Orthopedic Tests

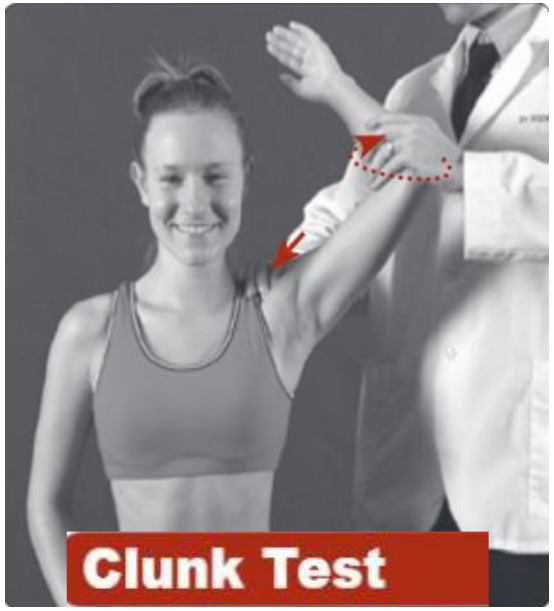


Bear Hug Test

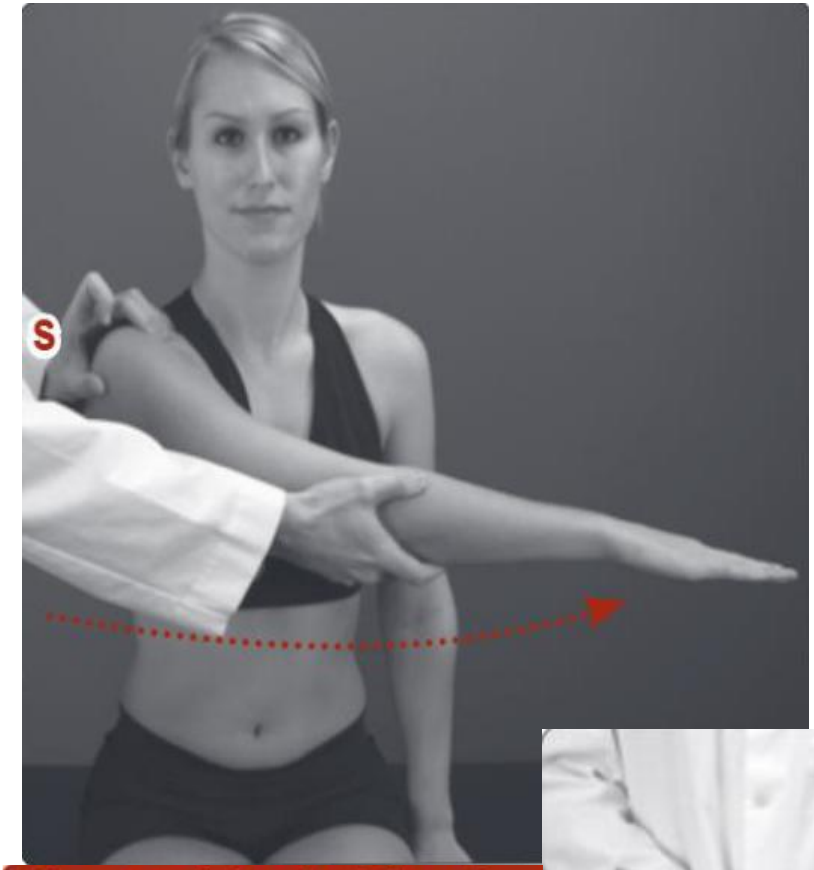


Apley's Inferior/Superior Scratch

Orthopedic Tests



Orthopedic Tests



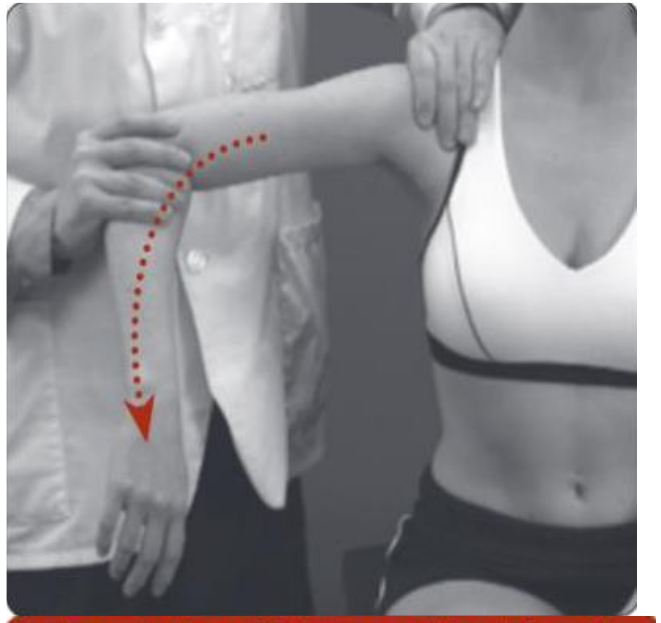
Cross-Body Test

Empty Can Test

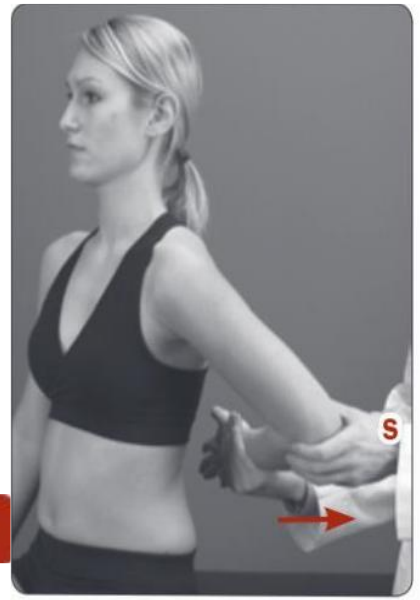
External Rotation Lag Sign

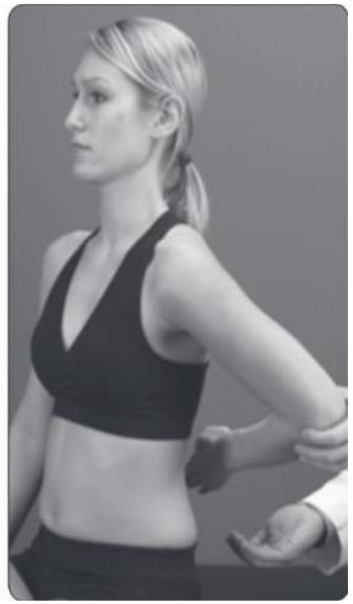
Orthopedic Tests

Full Can Test



Hawkins-Kennedy Test



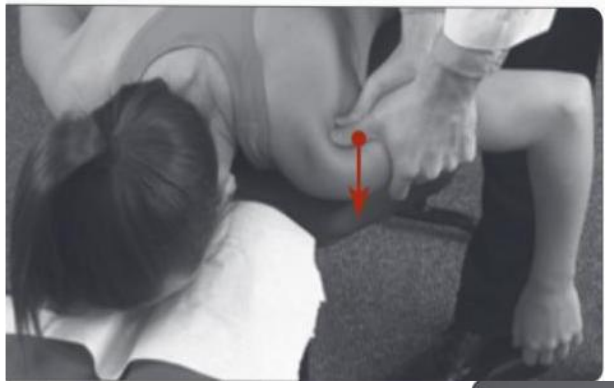


Internal Rotation Lag Sign

Orthopedic Tests

Orthopedic Tests

Load & Shift Test



O'Brien's

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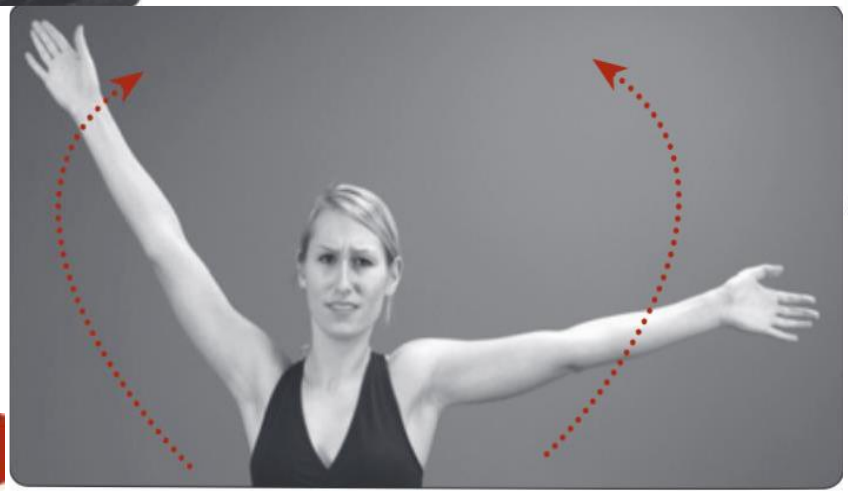
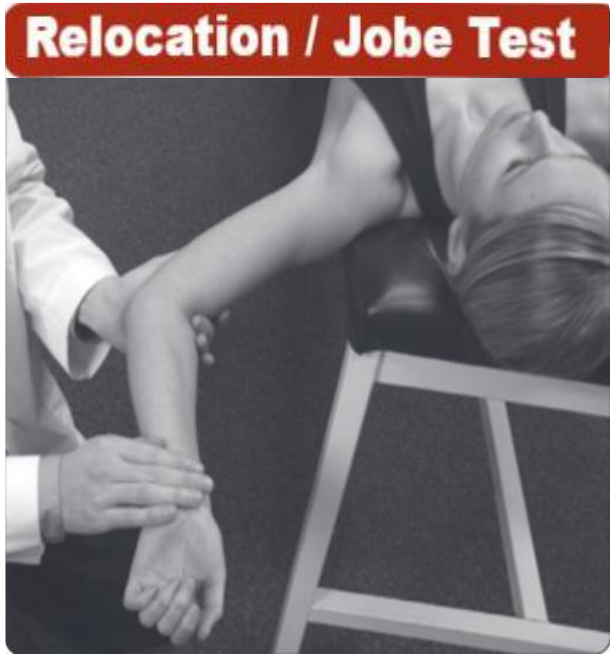
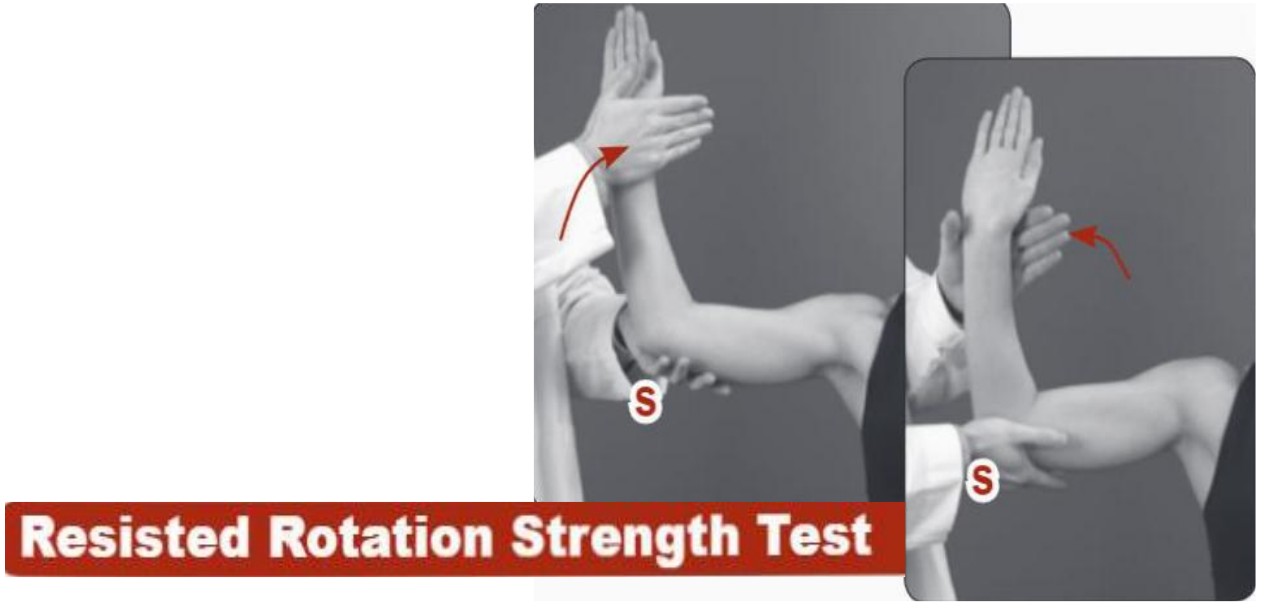
Painful Arc Test

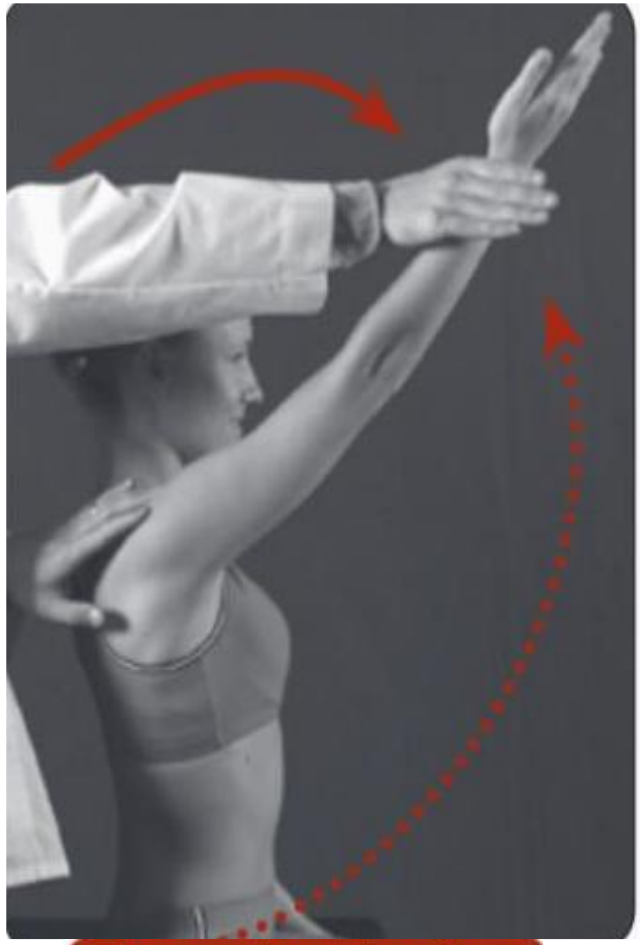


Orthopedic Tests

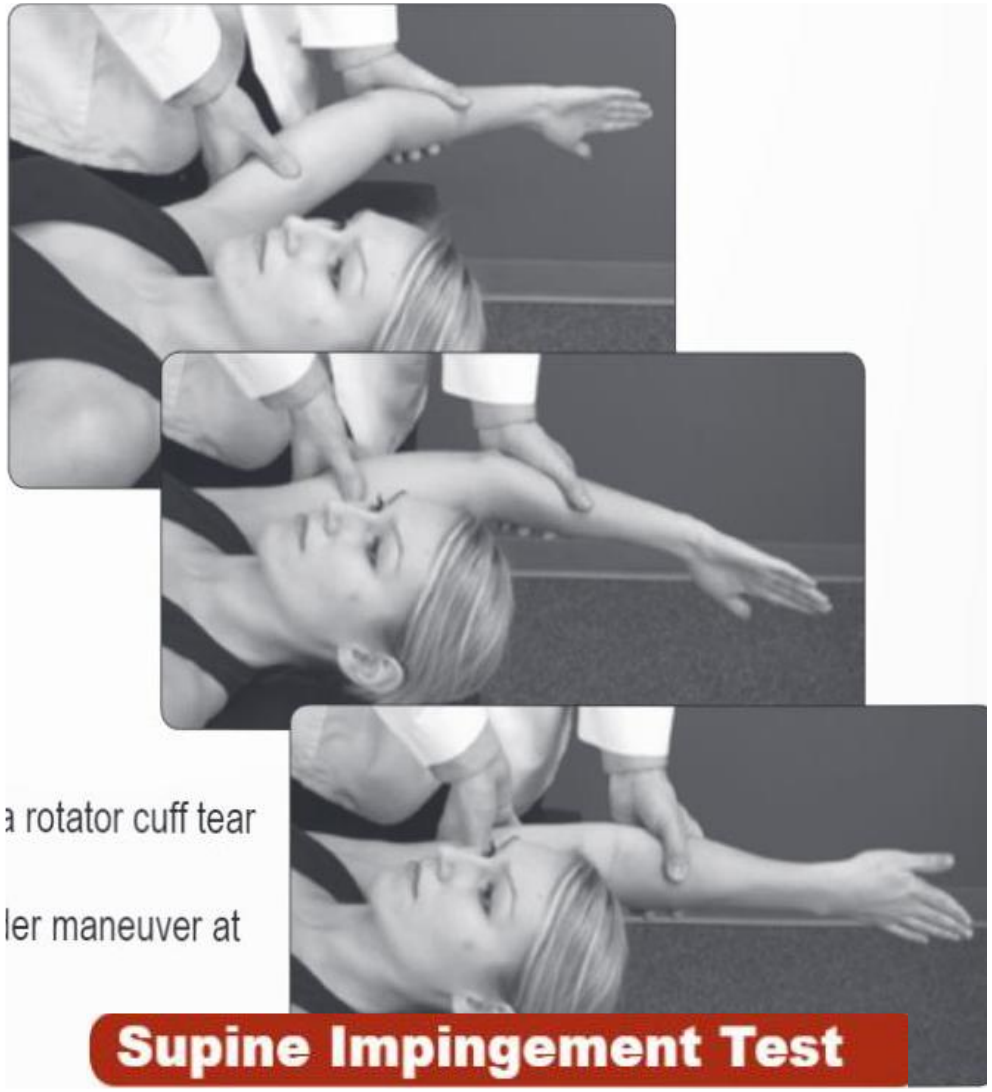




Orthopedic Tests



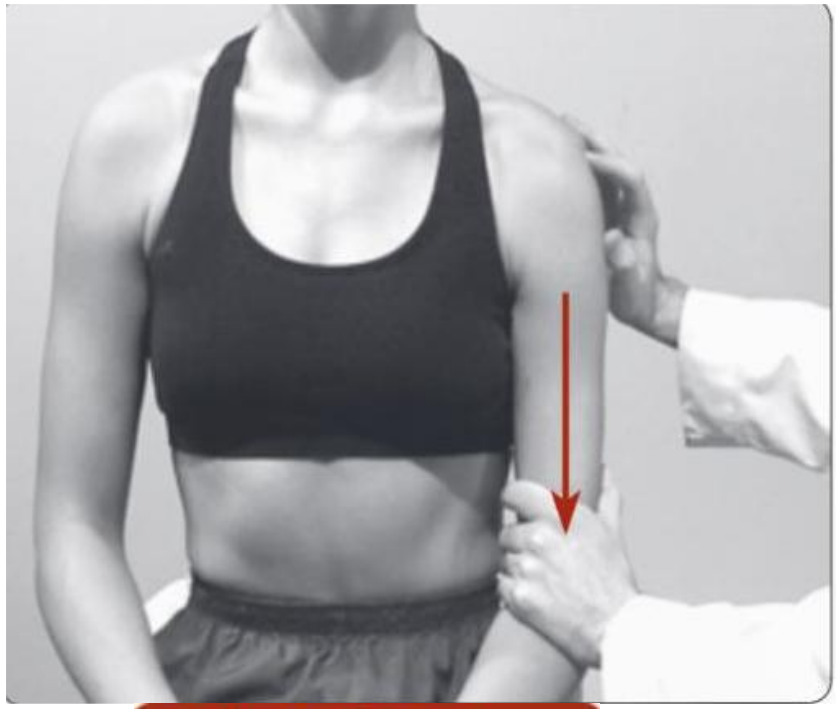
Speed's Test



a rotator cuff tear

ler maneuver at

Supine Impingement Test



Sulcus Test