Shoulder Objective Assessment

Look:
- Bony deformity / Bony alignment
  - Step deformity
  - ACJ dislocation
  - Sulcus sign
  - GHJ instability
  - Forward head posture / kyphotic T-spine
    - Possibly associated with subacromial impingement
  - Winging scapula
    - Long thoracic nerve palsy, muscular weakness, GHJ instability
- Colour change
  - Bruising, inflammation, infection, rash
- Wasting / spasm / bulk of muscle
  - Upper Traps, supraspinous fossa, pecs
- Swelling, scarrring, skin changes (wounds)

Feel:
- Vascular System
  - Distal pulses, capillary refill
- Sensation (Neurological Examination)
  - Peripheral nerve skin sensation and power
- Temperature
  - Infection / Inflammation
- Swelling
  - Effusion, Synovial thickening, Extra capsular
- Tenderness
  - Cervical spine
  - Scapula
  - Sternoclavicular Joint
  - Clavicle
  - Corocoid process
  - Acromioclavicular Joint
  - Glenohumeral Joint
    - Greater tuberosity
    - Bicipital groove
    - Lesser tuberosity
  - Deltoid tubercle
  - Elbow
  - Axilla
Move:

- Clear the joints above (Cervical spine) and below (elbow)
- Active Movement
  Scapula Movements
  - Elevation
  - Depression
  - Protraction
  - Retraction
- Shoulder Movements (range in degrees)
  - Flexion 180
  - Extension 60
  - Abduction 180
  - Adduction 75
  - Medial / Internal rotation 100 (hand behind back)
  - Lateral / External rotation 90
- Passive Movement
  - Tests inert structures, pain, range, crepitus
- End Feel of Movement
  - Normal: Hard, Soft, Elastic
  - Abnormal: Hard, springy, spasm, empty
- Muscle Power
  - MRC grading 0 - 5
- Static Resisted Testing
  - Tests contractile unit, pain, power
    - Flexion Long Head of Biceps, deltoid, pec major
    - Extension Triceps, posterior deltoid
    - Abduction Supraspinatus, deltoid
    - Adduction Latissimus Dorsi, pec minor
    - Medial / Internal rotation Subscapularis
    - Lateral / External rotation Infraspinatus

Special Tests:

- ACJ
  - Scarf Test
- Tendonopathy
  - Supraspinatus (Empty Can), Infraspinatus (ER Lag Sign), Subscapularis (IR Lag)
- Impingement
  - Painful Arc, Hawkins and Kennedy, Neers
- Instability
  - Apprehension Test, Load & Shift, Sulcus sign
- Labral tear
  - SLAPrehension test, Crank Test