

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, scarring, 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
 - SLAPprehension test, Crank Test