

# Physical Examination of the Shoulder

Occupy Orthopaedics - Dr Brent Weatherhead, MD, FRCS(C)

Woodward TW, Best TM. The painful shoulder: Part I. Clinical evaluation. *Am Fam Physician*. 2000 May 15;61(10):3079-88.

## HISTORY OF PATIENT'S COMPLAINT

LOOK

FEEL

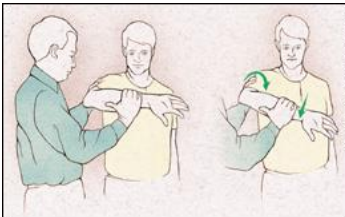
MOVE

### IMPINGEMENT

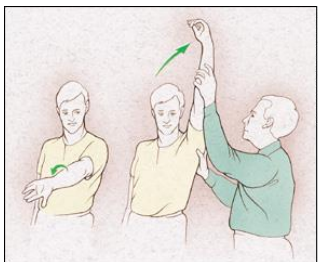
#### Subacromial Impingement

Often associated with rotator cuff tendonitis or biceps tendonitis

"Hawkin's Test"



"Neer's Test"



#### Biceps Tendonitis

"Yergason's Test"

"Speed's Test"

### OTHER

AC joint

Cross body adduction

C-spine radiculopathy

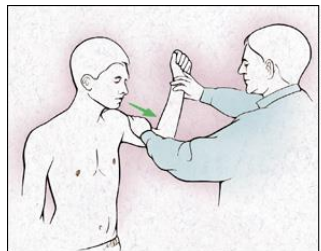
### INSTABILITY

Differentiate between

Acute/Recurrent and  
Multidirectional

#### Acute/Recurrent

Almost always anteroinferior  
Posterior dislocations can be missed (loss of external rotation)  
Recurrence is historical feature  
"Apprehension and Relocation Tests"



#### Multidirectional

Ligamentous laxity  
"Sulcus Sign"



#### Labral Pathology

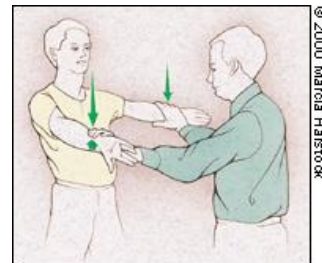
Can occur without instability  
"O'Brien's Test"

### ROTATOR CUFF

Understand the function  
and they are easy to test

#### Supraspinatus

Combined elevation in plane of  
scapula (20 degrees)  
"Empty Can Test"



#### Infraspinatus/Teres Minor

External rotation

Test at side and in abduction to  
isolate



#### Subscapularis

Internal rotation

"Lift Off Test"

"Belly Press Test"