Physical Examination of the Shoulder

HISTORY OF PATIENT’S COMPLAINT

LOOK

FEEL

MOVE

IMPINGEMENT

Subacromial Impingement
Often associated with rotator cuff tendonitis or biceps tendonitis
“Hawkin’s Test”

“Infraspinatus/Teres Minor
Ligamentous laxity
“Sulcus Sign”

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”

“Neer’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”

“Neer’s Test”

Infraspinatus/Teres Minor
External rotation
Test at side and in abduction to isolate

OTHER

AC joint
Cross body adduction

Subscapularis
Internal rotation
“Lift Off Test”
“Belly Press Test”

C-spine radiculopathy

Labral Pathology
Can occur without instability
“O’Brien’s Test”