Physical Examination of the Athletes Shoulder
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History
- Mechanism of injury
  - Impact
  - Forced abduction/external rotation
- Character of symptoms
  - Sharp
  - Radiating
  - Constant or activity related

Physical Examination
- Routine
  - Performing the exam the same way every time allows you to establish a routine or “flow”
  - Reduces chance of missing diagnosis
  - “You may not see it but it sees you!”

Physical Examination
- Exposure/Inspection
  - Entire shoulder girdle
  - Both sides
  - Front and back
  - Symmetry
  - Atrophy
  - Swelling or prominence

Physical Examination
- Cervical Spine
  - ROM
  - Radiating symptoms/radicular signs
  - Tension signs
    - Compression
    - Distraction
    - Spurling’s maneuver

Physical Examination
- Shoulder
  - ROM in all planes
    - Active
    - Passive
  - Observe from front and back
    - Scapular winging
    - Scapular substitution

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Physical Examination
• Active strength testing (Rotator Cuff)
  • Lift off test
  • Modified belly press test
  • Resisted internal/external rotation
  • Resisted scaption
• Rotator Cuff Impingement (Subacromial or outlet)
  • Neer Impingement
  • Hawkins Impingement

Physical Examination
• Acromioclavicular joint
  • Step-off
  • Palpation
  • Instability (with passive or active motion)
  • Pain with cross body adduction
  • Referred pain to base of neck

Physical Examination
• Labral Injury
  • Crank Test
  • O’Briens Test (SLAP tear)
• Biceps pathology
  • Speed’s sign
  • Instability
  • Shoulder glide (seated)
  • Sulcus sign

Physical Examination
• Muscle strength testing
  • Biceps (C6)
  • Triceps (C7)
  • Wrist Flexors (C7)
  • Wrist Extensors (C6)
  • Intrinsic Muscles (C8-T1)
• Dermatomal distribution (radiculopathy)
• Peripheral Nerve Testing (motor and sensory)
  • Median (carpal tunnel syndrome)
  • Radial
  • Ulnar (cubital tunnel syndrome)

Physical Examination
• Supine
  • Passive external rotation in adduction
  • Abduction/external rotation (arc of motion)
  • Forward flexion (scapula stabilized)
  • Fulcrum Test (apprehension or pain)
  • Relocation
  • “Load and shift”
  • Posterior load test

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Neurological Exam

Wrist Extensors-C6
Wrist Flexors-C7

Radial Nerve

Median Nerve
Ulnar Nerve

Vascular Exam

Median Nerve-C6
Ulnar Nerve-C8

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