PHYSICAL EXAMINATION OF THE SHOULDER

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Financial Disclosure
Dr. Philip M. Jacobs has no relevant financial relationships with commercial interests to disclose.
PHYSICAL EXAMINATION OF THE SHOULDER

Clinical Evaluation

• Sport
• Intensity of participation
• Offending activity
• Arm position during activity

TRAUMATIC
ATRAUMATIC

EVALUATION OF PAINFUL SHOULDER

History - Traumatic
- Define mechanism of injury
- Position of arm
- Amount of force applied
- Point of force

EVALUATION OF PAINFUL SHOULDER

History - Atraumatic
- Length of symptoms
- What aggravates the pain?
- What relieves the pain?
Clinical Evaluation

- Pain
  - Associated with activity
  - During/After (not disabling)
  - During/After (disabling)
  - Activities of daily living

Differential Diagnosis of Shoulder Problems in Athletes

- Rotator Cuff or Biceps Tendon
  - Strain, Tendinitis, Tear
- Glenohumeral instability
- Glenohumeral instability with secondary impingement
- Primary impingement of the cuff or biceps tendon
- Calcific Tendinitis
- Acromioclavicular joint pathology
- Glenohumeral arthritis
- Cervical spine pathology
- Thoracic outlet syndrome
- Adhesive capsulitis
- Suprascapular arthropathy
- Angina, lung tumor, gallbladder disease

Physical Exam

- Inspection
- Palpation
- ROM
- Muscle Testing
- Stability Testing
- Special Tests
- Neurovascular Exam
Physical Exam

- **Inspection** – Symmetry, Atrophy
- **Palpation**
  - Location/Degree tenderness
  - Biceps/Bicipital Groove
  - Supraspinatus Insertion
  - AC Joint

Physical Exam

- **ROM** – FF, ER, IR
  - Note discrepancies in AROM vs. PROM

Physical Exam

- **Muscle Testing - Rotator Cuff**
  - Supraspinatus – Resistance with AB 90, FF 30, pronated
  - Infraspinatus/TM – Resisted ER
  - Subscapularis – Lift off
ROTATOR CUFF

"EMPTY CAN"

SUBSCAPULARIS TESTING

ER LAG TEST
ER LAG TEST

STABILITY TESTING
- Load / Shift Test
- Sulcus Sign
- Apprehension / Relocation Test

Load and Shift
Load and Shift

Sulcus Sign

Apprehension / Relocation
Special Tests

- Impingement
  - Painful arc of abduction 60-120 degrees
  - Pain on forced forward flexion
  - Pain on forcible internal rotation with 90 degrees forward flexion

Impingement

Special Tests

- Cross Arm Adduction – AC Joint
- O’Brien’s Test
- Labral Entrapment Test
- MDI / Ligamentous Laxity
O’Brien’s Test

Labral Entrapment Test
MDI / Ligamentous Laxity

Neurovascular Exam

- **Neuro Exam (Motor / Sensory)**
  - Distal Exam
  - Axillary Nerve
    - Motor – Deltoid
    - Sensory – Lateral aspect of shoulder

Neurovascular Exam

- **Vascular Exam**
  - Distal Pulses – Radial and Ulnar
THANK YOU