

Clinical Examination of the Shoulder

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at www.optp.com and search for the product number.

QUICK TESTS FOR THE CERVICAL SPINE

Flexion

Extension

Sidebend, right

Sidebend, left

Axial rotation, right

Axial rotation, left

TESTS FOR THE SHOULDER GIRDLE

Elevation

Protraction

Retraction (15 sec hold)

Depression

SCAPULOTHORACIC JUNCTION

Observation of Scapular Position

- in neutral
- prepositioned – the “scolding position”
- prepositioned – the “sleepwalk position”
- prepositioned – arms abducted to 90°
- concentric and eccentric full elevation
 - o through abduction
 - o through flexion

ARM ELEVATION

Test for Painful Arc

- through abduction
- through flexion
- through scaption

Passive Elevation

- with shoulder girdle fixation
- with scapula fixation
 - & medial overpressure
- with scapula fixation
 - & posterior overpressure

PASSIVE TESTS

Internal Rotation

Glenohumeral Abduction

External Rotation

RESISTED TESTS (in physiological neutral rotation, except lift off sign)

Resisted Adduction

Resisted Abduction

- concentric in neutral

If needed: (Resisted Abduction

eccentric, in 30° abduction & internal rotation)

Resisted External Rotation

Resisted Internal Rotation

“Lift Off” Sign

Resisted Elbow Flexion

Resisted Elbow Extension

EXTRA TESTS

Painful Resisted Tests with Pull

- abduction
- external rotation
- internal rotation

Horizontal Adduction from ventral

Adduction from dorsal

Extra Tests for Impingement

- Subacromial impingement (Kennedy) test
- Subcoracoid impingement test
- Modified relocation test

Labrum Tests:

O'Brien test

If needed: modified crank/clunk

Suprascapular Nerve Test

Test for Tight Superior Posterior Capsule

Stretch for Long Head of Biceps

STABILITY TESTS

Anterior Laxity Tests

- Fukuda test (static, neutral position)
- Load and shift test
 - o Maximal loose packed position
 - o 90° abduction, max ER

Anterior Instability Test

- relocation test

Inferior Laxity Tests

- sulcus test
 - in neutral
 - in ER
 - in IR
- in 90° abduction
 - in neutral

Posterior Laxity Tests

- Fukuda test (static, neutral position)
- Load and shift test
 - o Maximal loose packed position
 - o 90° flexion, IR, horizontal adduction

OTHER TESTS:

Anterior Apprehension Tests

- Rowe's test
- Feagin's test