EXAMINATION OF THE SHOULDER

|  |  |  |
| --- | --- | --- |
|  | ADEQUATE | INADEQUATE |
| Introduces self to the pt |  |  |
| Explains the examination |  |  |
| Ask the pt to undress from waist upward |  |  |
| Ensures that pt is comfortable |  |  |
| ***Inspection*** |  |  |
| Looks from the front and the back |  |  |
| Comment on posture, position of arms axillae prominence of acj or scj |  |  |
| Comments on skin colour, sinuses, scars |  |  |
| Comment on deltoid, periscapular muscles (supraspinatus & infraspinatus) |  |  |
| ***Palpation*** |  |  |
| Ask if there is any pain |  |  |
| Feel the skin for the temp,  |  |  |
| Palpates bones, from the scj laterally along the clavicle |  |  |
| Feel the biceps tendon |  |  |
| ***Move***  |  |  |
| Test abduction (supraspinatus)(170) |  |  |
| Test adduction (50) |  |  |
| Test flexion (165) |  |  |
| Test extension (60) |  |  |
| Test external rotation (70) |  |  |
| Test internal rotation |  |  |
| Test the serratus anterior function |  |  |
| Neers or Hawkins impingement test |  |  |
| ***Completion*** |  |  |
| Asks to perform a vascular and neurological examination |  |  |
| Indicates need for tests eg shoulder, cervical spine xrays, bloods |  |  |
| Thank pt |  |  |
| Offer to help pt dress ensure pt comfortable  |  |  |
| Summarise finding and offer differential |  |  |
| ***Global score*** |  |  |
| Examiner |  |  |
| Patient  |  |  |
| OVERALL |  |  |