Examination of Shoulder & Elbow

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Shoulder Pathology

Common
Pain
Loss of function
† Incidence with age

Diagnosis NOT ALWAYS EASY

Physical Examination

- Inspection
- Range of motion
- Palpation
- Special testing
- Strength Grading
Supraspinatus/Infraspinatus Atrophy

Trapezial Palsy

Range Of Motion
Confusion
Elevation
• Normal 0-180 degrees
• Plane of the scapula

External Rotation
• Measure in adduction
• Normal 0-80 degrees
• Restriction
  – Adhesive Capsulitis
  – Osteoarthritis

Internal Rotation
• Measured from spine
Rotator Cuff

- Impingement signs

Neer  Hawkins  Painful arc
Biceps tendon

Speed’s Test
Yergason’s Test

Instability

- Load Shift
Hyperlaxity

Posterior Instability

Strength Grading

• Grade 5 Normal strength
• Grade 4 Decreased resistance
• Grade 3 Resist gravity, no resistance
• Grade 2 Motion with gravity eliminated
• Grade 1 No motion, palpable contracture
• Grade 0 No motion no contracture
Elevation

- Rotator cuff
- Deltoid
- Can empty?

External Rotation

Internal Rotation

- Lift-off
Thank you

AND YOU THINK YOUR JOB STINKS?