

Musculoskeletal – Shoulder – Physical Exam Checklist

Learnpediatrics.com – Written by Dr. R. Acedillo

EXAM	OSCE ITEMS
STANDING	<p>Inspection</p> <p><u>Anterior</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Level of shoulders and contour<input type="checkbox"/> Joints (Sternoclavicular, Acromioclavicular)<input type="checkbox"/> Deltoid wasting<input type="checkbox"/> Swelling, inflammation<input type="checkbox"/> Scars <p>Active ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> Combined elevation (painful arc, etc)<input type="checkbox"/> Abduction and adduction (arm across shoulder)<input type="checkbox"/> Internal (reach behind to back) and external rotation (flex elbows 90°, rotate arms at side)<input type="checkbox"/> Extension and flexion <p><u>Side</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Shoulder posture (protracted, retracted)<input type="checkbox"/> Scars <p><u>Posterior</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Supraspinatus, Infraspinatus, Teres minor wasting (rotator cuff)<input type="checkbox"/> Scapular winging (long thoracic nerve) <p>Passive ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> Only perform if active ROM cannot be done <p>Screen Joint Above/Below Active ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> Cervical spine active ROM<input type="checkbox"/> Elbow active ROM
SITTING	<p>Palpation (tenderness and stability)</p> <ul style="list-style-type: none"><input type="checkbox"/> Sternoclavicular joint and clavicle<input type="checkbox"/> Acromioclavicular joint and acromion<input type="checkbox"/> Greater and lesser tuberosity<input type="checkbox"/> Bicipital groove <p>Neurological – Upper Extremity</p> <ul style="list-style-type: none"><input type="checkbox"/> Sensory<input type="checkbox"/> Strength<input type="checkbox"/> Reflexes (biceps, triceps, brachioradialis) <p>Special Tests</p> <p><u>Rotator cuff and Subacromial Bursa – Impingement</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Painful arc test (pain may be 30-120°)<input type="checkbox"/> Hawkin's test (flex 90°, elbow bent 90° towards chest, internal rotation – against coracoid and coracoacromial ligament)<input type="checkbox"/> Neer's test (stabilize scapula with acromion, flex arm forward – humerus forced against anterior acromion) <p><u>Shoulder Instabilities</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Sulcus sign (passively pull down on arm, look for sulcus, but commonly found in normal patients – multidirectional shoulder instabilities)<input type="checkbox"/> Yergason's test (flex elbow past 90°, arm at side, pronate forearm, resist pt. supination while ext. rotation of shoulder – unstable biceps tendon)<input type="checkbox"/> AC joint compression test (flex arm 90°, force arm into adduction across body – AC joint stress) <p><u>Other</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Scapular winging (push against wall standing)
SUPINE	<p>Special Tests</p> <ul style="list-style-type: none"><input type="checkbox"/> Apprehension Test<ul style="list-style-type: none">▪ Hang shoulder over the edge▪ Gently abduct shoulder and flex elbow 90°.▪ Externally rotate shoulder▪ Push with anterior or posterior force → a positive test = patient is apprehensive before there is pain (meaning there are subtle signs of a dislocation)