

Clinical examination in shoulder disease

M. N. Naderi

Fellowship in Shoulder surgery



Pathological Lesions



SLAP Tear

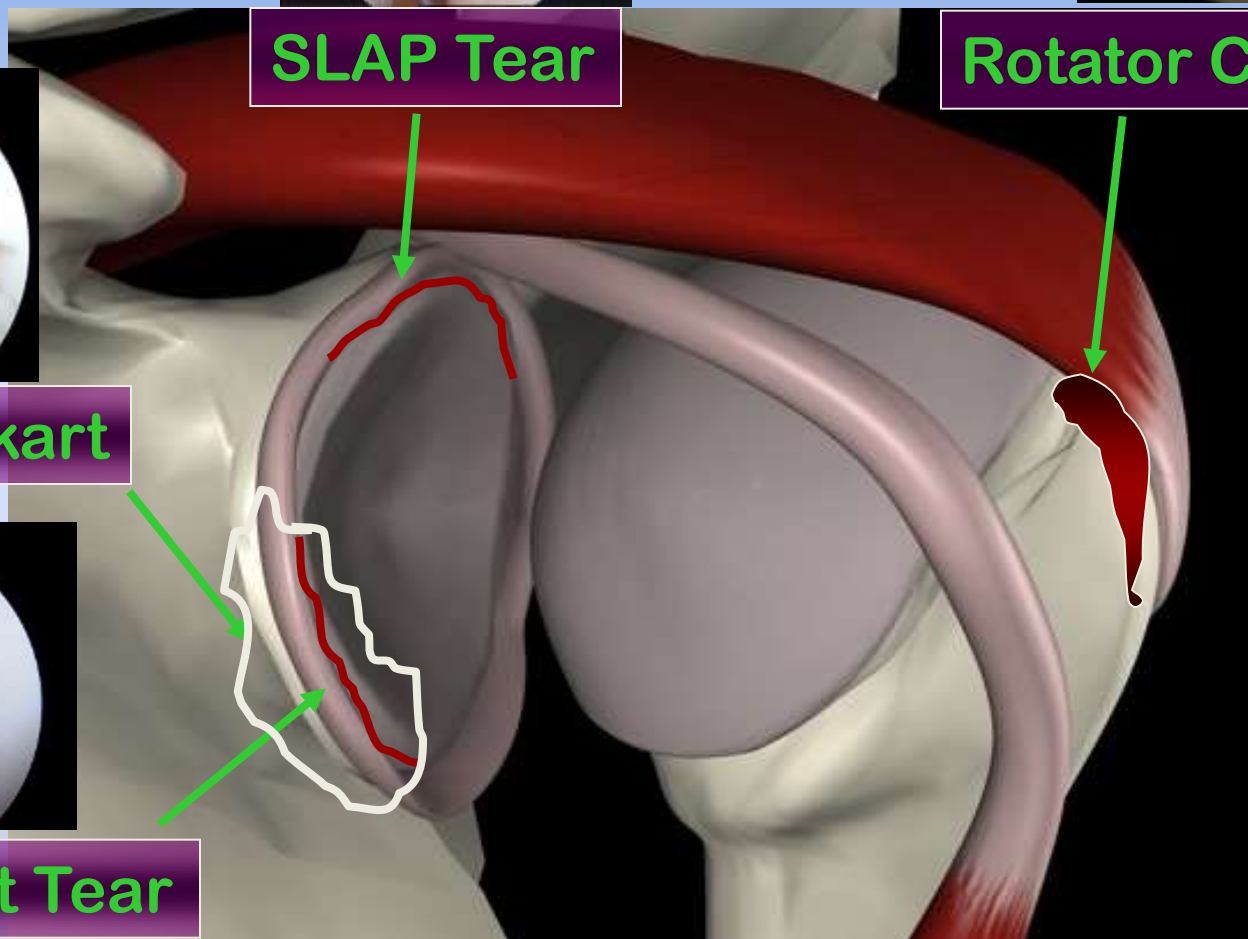
Rotator Cuff Tear



Bony Bankart



Bankart Tear



Shouder assessment

- **History**
- *Look , Feel*
- *Movement*
- *Clinical test*

- **Common shoulder problems:**

- Pain
- Stiffness
- Instability

1. **Rotator Cuff**
2. **Glenohumeral joint**
3. **Acromioclavicular joint**
4. **Clavicle**
5. **Neck**

Shoulder assessment

- **History**
- *Look , Feel*
- *Movement*
- *Clinical test*

- **Common shoulder problems:**
 - Pain
 - Stiffness
 - Instability

When ?

How ?

Degree ?

Accompanying symptoms ?

Shoulder assessment

- *History*
- ***Look , Feel***
- *Movement*
- *Clinical test*

- Asymmetry, scars, deltoid wasting, SCJ or ACJ deformity, swelling of the joint
- Look and feel for rotator cuff wasting, scapula shape and situation



Shoulder assessment

Seek for signs of generalized laxity

Beighton Score

- Normal for young adult ranges from 4-6.
- A score above 6 indicates hypermobility



Shouder assessment

- *History*
- *Look , Feel*
- ***Movement***
- *Clinical test*

- **Always examine the Cervical spine first**
- **Move both arms at the same time**
- **Active then passive ROM**
(FF , IR , ER)



Shouder assessment

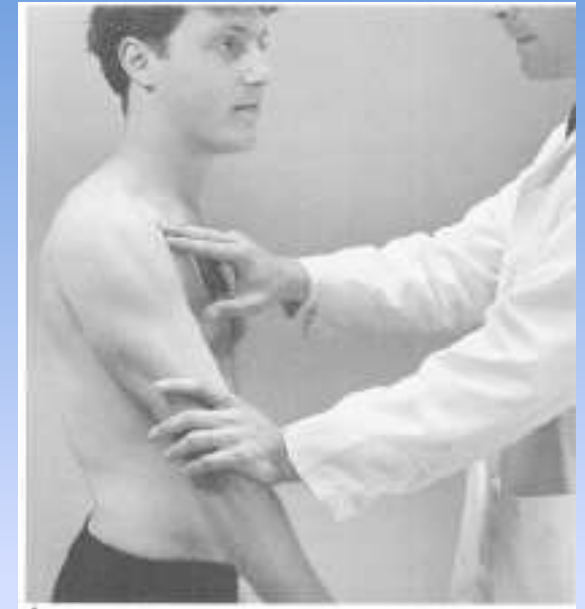
- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

- **Subacromial Impingement**
- **Rotator cuff Integrity**
- **Deltoid**
- **Serratus anterior**
- **AC Joint**
- **Biceps**
- **Instability testing**

Shouder assessment

Deltoid muscle

- *History*
- *Look , Feel*
- *Movement*
- *Clinical test*



Shouder assessment

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

Serratus anterior

- **Winging test**

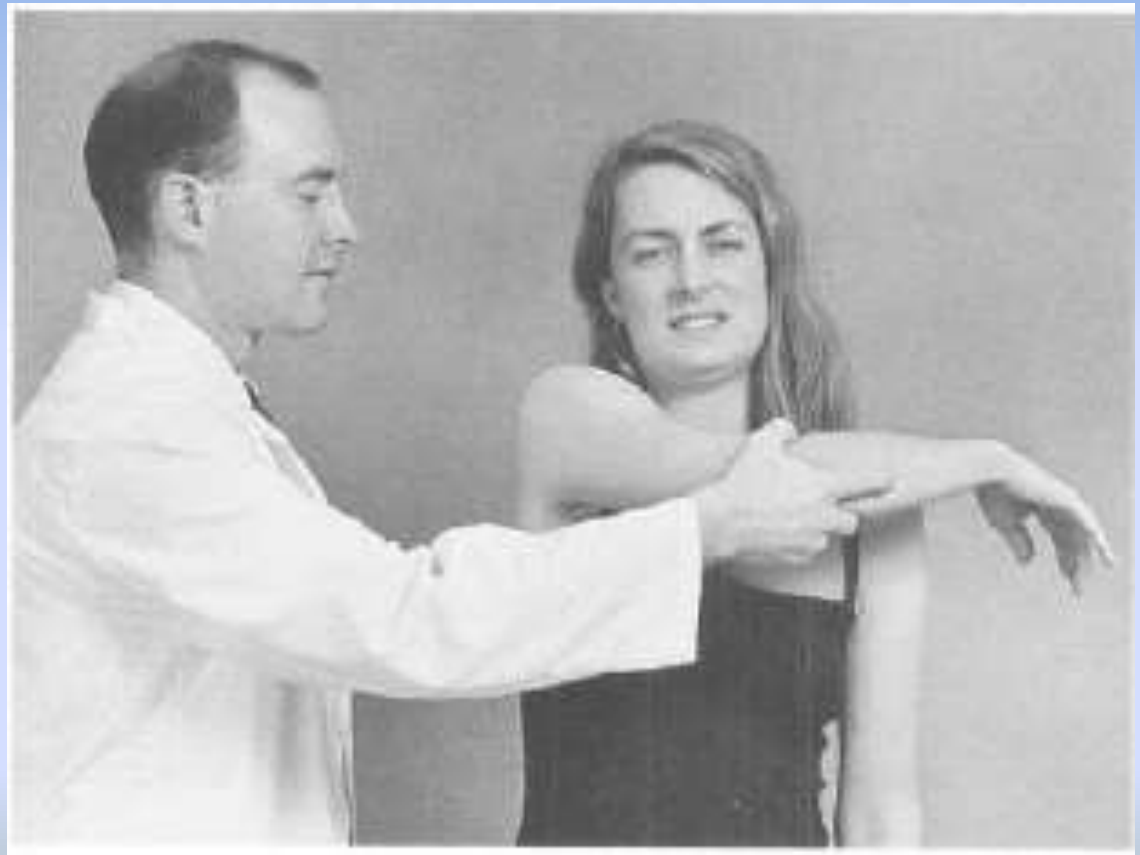


Shouder assessment

AC Joint

- Cross body adduction test (Scarf test)

- *History*
- *Look , Feel*
- *Movement*
- *Clinical test*



Shouder assessment

- *History*
- *Look , Feel*
- *Movement*
- *Clinical test*

Biceps

- Speed's test
- Yergason's test



Popeye sign

Shouder assessment

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

Biceps

- **Speed's test**
- **Yergason's test**



Shouder assessment

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

Biceps

- Speed's test
- Yergason's test



Shouder assessment

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

SLAP lesion

- O'Brien test (active compression test)



(O'Brien SJ, et al. The active compression test: a new and effective test for diagnosing labral tears and acromioclavicular joint abnormality. Am J Sports Med. 1998 Sep-Oct;26(5):610-3.)

Shouder assessment

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

- **Instability testing**

- **Laxity tests**
- **Stability test**



Shouder assessment

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

laxity Test

- **Sulcus sign**
 - In neutral
 - In 45 Abduct
- **Gagey's hyperabducton test**
- **Drawer Test**



Shouder assessment

laxity Test

- *History*
- *Look , Feel*
- *Movement*
- *Clinical test*

- **Sulcus sign**
 - In neutral
 - In 45 Abduct
- **Gagey's hyperabducton test**
- **Drawer Test**



Shouder assessment

laxity Test

- *History*
- *Look , Feel*
- *Movement*
- *Clinical test*

- **Sulcus sign**
 - In neutral
 - In 45 Abduct
- **Gagey's hyperabducton test**
- **Drawer Test**



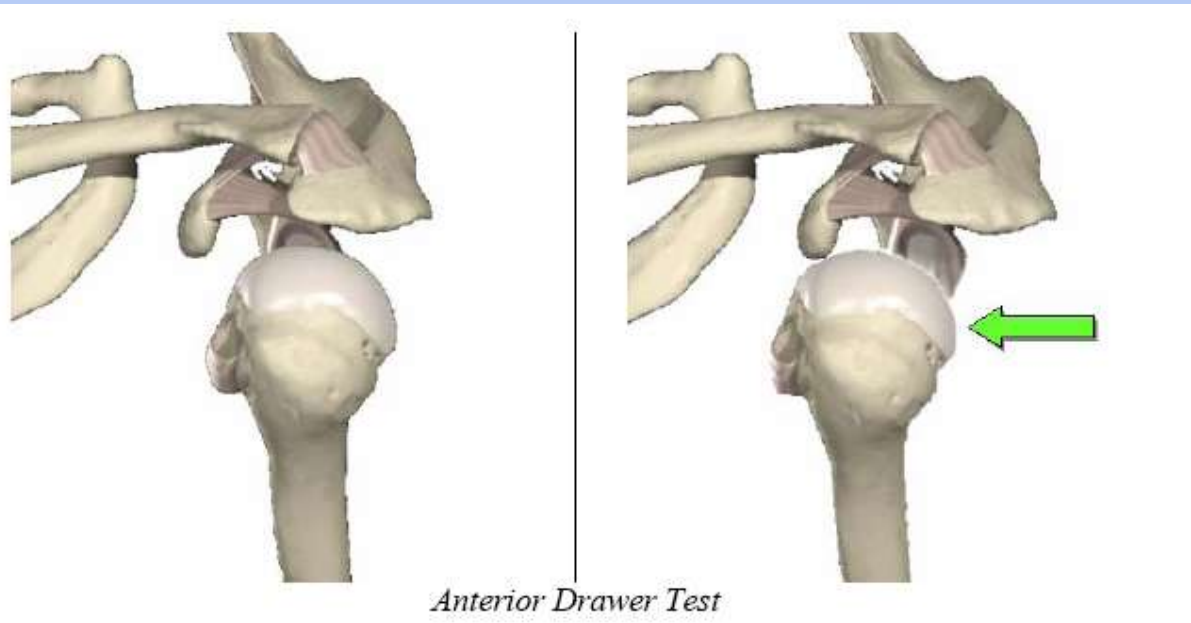
Shoulder assessment

Hawkins and Bokor :

Laxity Grade

Description

- Normal Mild Translation (0-25%)
- Grade 1 Feeling of Head riding onto rim (25-50%)
- Grade 2 Head over rim, reduces spontaneously (>50%)
- Grade 3 Head over rim, remains dislocated



Hawkins RJ, Bokor DJ. Clinical evaluation of shoulder problems. In: Rockwood CA Jr, Matsen FA III, editors. The shoulder . 2nd ed, vol 1. Philadelphia: WB Saunders; 1998. p164 -97

- *History*
- *Look , Feel*
- *Movement*
- *Clinical test*

Shoulder assessment

Stability Test

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

- **Apprehension Test**
 - Ant.
 - Post. (Jerk or Clunk test)



Rowe CR, Zarins B. Recurrent transient subluxation of the shoulder. J Bone Joint Surg Am.1981; 63:863 -72.

Shoulder assessment

- *History*
- *Look , Feel*
- *Movement*
- ***Clinical test***

Stability Test

- **Apprehension Test**
 - Ant.
 - Post. (Jerk or Clunk test)



Shoulder assessment

Stability Test

- Relocation test (Jobe)



Jobe FW, Kvitne RS, Giangarra CE. Shoulder pain in the overhand or throwing athlete. The relationship of anterior instability and rotator cuff impingement. Orthop Rev.1989; 18: 963-75. Erratum in: Orthop Rev. 1989;18:1268.

Summary

- *History*
- *Look , Feel*
- *Movement*
- *Clinical test*

❖ *Don't forget to examine patient*

- Distinguish radicular pain from shoulder pain (notice neck problems)
- Distinguish secondary impingement from primary impingement
- Rule out scapular dysfunction

Thank you for attention