

# **Some Key Points in Shoulder Examination**

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(Shoulder, Knee and Sports Injuries)**

## Examination

LOOK –

**always look at Scapula and Posture**

SCARS

WASTING –

SUPRASPINATUS

INFRASPINATUS

?Nerve lesion

?RC tear

?Suprascapular nerve

DELTOID

SCAPULO-THORACIC

WINGING

LIMITED ROM

# Examination

LOOK

POSTURE

'Forward Head Posture'

Increased kyphosis

Scapular downwardly rotated  
and ant tilted and protracted

# Examination

FEEL

AC JOINT / SC JOINT / CLAVICLE

ACROMIUM

SCAPULA

CERVICAL SPINE

## **Feel Muscles**

MUSCLES / TRIGGER POINTS

# Examination

FEEL

BICEPS TENDON

ANTERIOR GLENOHUMERAL JOINT

CORACOID PROCESS

# Examination

MOVE

ACTIVE

PASSIVE

RESISTED

NEUROVASCULAR STATUS ETC

# Examination

## Supraspinatus



# Examination

Infraspinatus / Teres Minor





# Examination

## Subscapularis

Belly – Press

Lift Off



# Examination

## AC Joint

Direct Palpation better than  
Cross Arm adduction

## Biceps

Yergason and Speeds



# Examination

## Impingement Tests

Neer's



Hawkins



# Examination

Instability

Assess Supine  
Apprehension

Jobe Relocation



# Examination

Instability

HYPERLAX  
Increased ER

Dimple

Sulcus



# Examination

Cervical Spine

Spurling??

## Examination

Thoracic Outlet Syndrome

Roos Test