

How To Do An Examination Of The Painful Shoulder

Trauma Series X-Ray (film placement)



AP of the shoulder without moving the shoulder



Lateral view



To determine nerve entrapment



Check right – check left

Rotator Cuff



Hornblower's Sign which demonstrates weakness of the external rotators



To determine external weakness specifically



Arm Drop Test
Positive: if the arm drops to the side, it demonstrates significant weakness (nerve involvement or tear)
Negative: if the arm does not drop and the patient maintains the original position, it demonstrates no significant weakness



Belly-Press Test (push against belly/abdomen)
Positive: if the elbow moves backwards, it demonstrates weakness of the internal rotators - subscapularis
Negative: if the rotator cuff is intact, the arm remains stable



Lift-Off Test
Positive: if weak, the hand cannot be lifted off of the back by the patient; this indicates a subscapularis tendon tear
Negative: if the rotator cuff is intact, the hand can lift-off the back

Range of Motion



Check both arms at the same time

Yergason Test



To determine the stability of the long head of the biceps

O'Brien Test



To determine labral tear (Superior – Labral – Anterior – Posterior)

Impingement



For the rotator cuff under the acromion to determine if impingement is present

Sleeper Stretch To determine limits of *internal* or *external* rotation range of motion



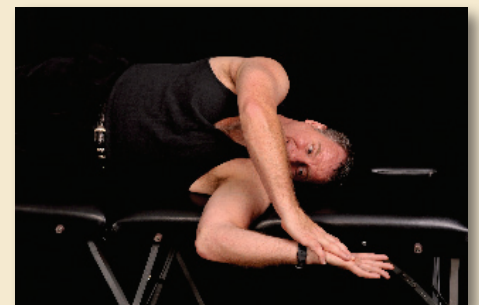
Internal rotation



External rotation



Exercise performed by patient to gain range of internal rotation



Exercise performed by patient to gain external rotation

Office Locations

- 1 Baptist Beaches - 1577 Roberts Dr., Suite 225 - Jacksonville Beach, FL 32250 - P: 904.241.1204 • F: 904.241.7331
- 2 Baptist South - 14540 Old St. Augustine Rd., Suite 2201 - Jacksonville, FL 32258 - P: 904.880.1260 • F: 904.880.1210
- 3 Orange Park/Clay County - 1845 Town Center Blvd., Suite 405 - Fleming Island, FL 32003 - P: 904.276.5776 • F: 904.276.5958
- 4 Riverside - 2 Shircliff Way, DePaul Bldg, Suite 300 - Jacksonville, FL 32204 - P: 904.388.1400 • F: 904.388.9644
- 5 San Marco - 1325 San Marco Blvd, Suite 200 - Jacksonville, FL 32207 - P: 904.346.3465 • F: 904.396.0388
- 6 University - 5737 Barnhill Dr., Suite 102 - Jacksonville, FL 32207 - P: 904.739.3319 • F: 904.448.1416

Rehabilitation Centers

- A Baptist Beaches - 1577 Roberts Dr., Suite 320 - Jacksonville Beach, FL 32250 - P: 904.247.3324 • F: 247.3926
- B Mandarin - 12276 San Jose Blvd., Suite 716 & 717 - Jacksonville, FL 32223 - P: 904.288.9604 • F: 288.9643
- C North - 12961 North Main St., Suite 201 & 202 - Jacksonville, FL 32218 - P: 904.757.2474 • F: 757.5541
- D Orange Park/Clay County - 1845 Town Center Blvd. Suite 410 - Fleming Island, FL 32003 - P: 904-621-0396 • F: 904-621-0397
- E Point Meadows - 7740 Point Meadows Dr., Suite 1 & 2 - Jacksonville, FL 32256 - P: 904.564.9594 • F: 564.9687
- F Riverside/Westside - 4339 Roosevelt Blvd., Suite 600 - Jacksonville, FL 32210 - P: 904.389.8570 • F: 389.8599
- G San Marco - 1325 San Marco Blvd., Suite 102 - Jacksonville, FL 32207 - P: 904.858.7045 • F: 858.7047
- H South - 14985 Old St. Augustine Rd., Suite 106 - Jacksonville, FL 32258 - P: 904.288.9491 • F: 288.9698
- I University - 5737 Barnhill Dr., Suite 204 - Jacksonville, FL 32207 - P: 904.733.9948 • F: 733.9984

TIPS

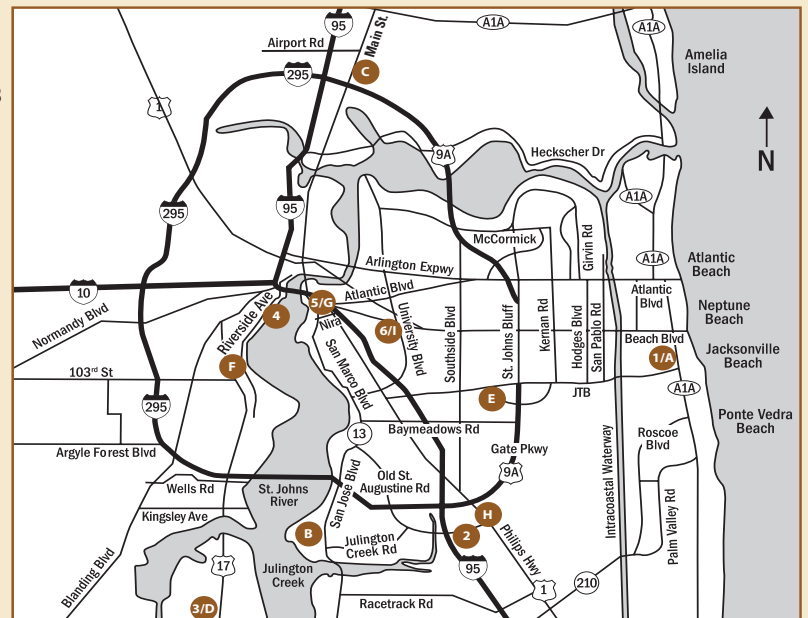
X-Ray Trauma Series – Take AP and lateral view of the shoulder **WITHOUT** moving shoulder.

Check the Neck – First, always check the neck for neurological involvement.

Adhesive Capsulitis – If a patient does not have full range of motion, then he/she will have a degree of adhesive capsulitis.

Sleeper's Stretch – Correct positioning for the Sleep Stretch requires the torso to be 45-degrees to the object he/she is laying on, in order to trap the scapula under the chest.

*Philip R. Hardy, MD - *Sport Medicine, Joint Replacement* (San Marco): Ed Haucer, PA



Exclusive Sports Medicine Provider



facebook.com/myjoi