



Shoulder Regional Examination

☒ Check normal, circle & describe abnormal

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

CC & significant history: _____

Fracture screen (tuning fork, percussion, torsion test, ultrasound): ☐ WNL ☐ Refer for X-ray Pulses (bilateral): ☐ WNL _____

Inspection: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Posture: _____

☐ Skin (bruising, scars): _____

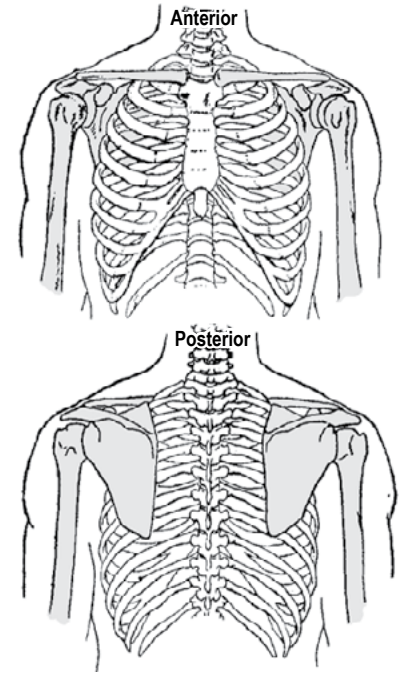
☐ Asymmetry: _____

Observation <input type="checkbox"/> WNL	L	R
Head tilt		
Head rotation		
Shoulder high		
Scapula		
Scapula winging		
Shoulder rounded		
Scapula rotated medial		
Scapula rotated lateral		
Humerus internally rotated		
Humerus externally rotated		
GH sulcus sign		
AC step defect		

Palpation: ☐ WNL, texture, tenderness, pain referral

Palpation	L	R
Middle trapezius		
Lower trapezius		
Rhomboids		
Thoracic spine		
Ribs 1-9 posterior		
Levator scapulae		
Upper trapezius		
Scalenes		
Thoracic outlet		
Cervical spine		
Supraspinatus		
AC joint		
Infraspinatus		
Teres minor		
AC step defect		
Rotator cuff post.		

Palpation	L	R
Rotator cuff sup.		
Rotator cuff ant.		
Teres major		
Latissimus dorsi		
Subscapularis		
Serratus anterior		
Triceps brachii		
Deltoid		
Deltoid tuberosity		
Pectoralis minor		
Coracoid process		
Coracobrachialis		
Biceps brachii		
Bicipital groove		
Pectoralis major		
SC joint		



ROM & Joint Play: ☐ WNL

☐ Painful arc: _____

☐ Pain at end ROM: _____

☐ Abnormal motion: _____

ROM	Active		Passive	
	L	R	L	R
Flexion (180°)				
Extension (50°)				
Abduction (180°)				
Adduction (35°)				
Internal rotation (90°)				
External rotation (80°)				
Horizontal abd. (30°)				
Horizontal add. (130°)				
Scapulocostal rhythm				

Joint Play	L	R	Comments
Scapula			
Glenohumeral			
Scapulocostal			
AC joint			
SC joint			

Neurologic: ☐ WNL

Reflexes (0-5), <input type="checkbox"/> WNL	L	R
Biceps (C5)		
Brachioradialis (C6)		
Triceps (C7)		
General grip strength		

Motor (0-5), <input type="checkbox"/> WNL	L	R
Pec major clavicular (C6-C8)		
Pec major sternal (C7-T1)		
Latissimus dorsi (C6-C8)		
Subscapularis (C5-C7)		
Supraspinatus (C4-C6)		
Infraspinatus/teres minor (C4-C6)		
Serratus anterior (C5-C7)		
Biceps brachii (C5-C6)		
Triceps brachii (C6-C8)		
Deltoid (anterior) (C5-C6)		
Deltoid (middle) (C5-C6)		
Deltoid (posterior) (C5-C6)		
Pectoralis minor (C8-T1)		
Teres major (C6-C7)		
Rhomboids (C4-C5)		
Trapezius (lower) (C3-C4)		
Trapezius (middle) (C3-C4)		
Trapezius (upper) (CN IX)		
Levator scapulae (C4-C5)		

*General sensation is done through palpation

Orthopedic: ☐ WNL

Screening	L	R	Impingement	L	R
Apley superior			Hawkins-Kennedy		
Apley inferior			Impingement sign		
Codman arm drop			Painful arc		
Dugas			Passive Neer's		

Bicep tendonitis	L	R	Labral tear	L	R
Yergason's			Hyperabduction		
Speed's			Clunk		
Bicipital instab. test			Crank		
Empty can			Obrien's		

Instability	L	R	Other	L	R
Anterior apprehen.					
Posterior drawer					
Load & shift					
Faegan's					

DDx:

Signature: _____

Date: _____