**OMM1 Practical 2 Shoulder Examination 04/16/15**

**DIFFERENTIAL DIAGNOSIS**

|  |  |
| --- | --- |
| Adhesive capsulitis |  |
| Bursitis/ ligamentous tears |  |
| Rotator cuff injury |  |
| Other ( tendonitis) |  |

**OBSERVATION (As seen on partner) Case**

|  |  |
| --- | --- |
| Gait | Arm swing |
| AP curves relate to glenohumeral position |  |
| Lateral curves |  |
| Position of shoulder complex [gleno-humoral, scapulo-thoracic, clavicle, A/C + SC position] |  |
| Muscles of the shoulder complex: deltoid supraspinatus, pectoralis major, trapezius | Wasting and atrophy, hypertonia, hypertrophy |

**PALPATION**

|  |  |
| --- | --- |
| General: scars, hair, distribution |  |
| Temperature of gleno humeral joint  Red reflex(ANS) T2 - T8 to upper extremity | Positive on red reflex |
| Gt & lesser tuberosity & bicipital groove and tendon |  |
| Cervical somatic dysfunction [shoulder innervation **C5, C6**]  TART changes | TART expected |
| **Muscles** SITS, deltoids, pecs, trap, rhomboids, lev scapulae | fibrosis/ tenderness/atrophy |
| Thoracic spine, spring, TART changes, | Decreased spring |
| **Bony landmarks:** sterno-clavicular, acromioclavicular, clavicle | Tenderness on joint lines |
| Subacromial/deltoid bursa |  |
|  |  |

**Range of Motion** (Compare side)

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| --- | --- | --- |
| Cervical spine active ROM F/E/SB/R |  | |
| Shoulder active F/E/SB/R /passive F/E/SD/R/AD/ABD range of motion | Elastic or bony end point or crepitation | |
| Scapulo-thoracic movement (2:1 ratio)/ initial 20o free glenohumeral motion. | |  |
| Sternoclavicular: active and passive ROM/strug / position/sup/inf spring | |  |
| Painful arc | |  |

**SPECIAL TESTS**

|  |  |
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| Apprehension test |  |
| Muscle testing: Flex/Ext/Abd/Add/Int+Ext rot | Loss of strength |
| Apley Scratch test | Limitied due to capsulitis |
| Cross arm test |  |
| Arm Drop test |  |
| Yergason’s test |  |
| Muscle test for SIT: supraspinatus with ABD  Infrasprinatus with ER  Subscapular with IR |  |