

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

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Posture: _____

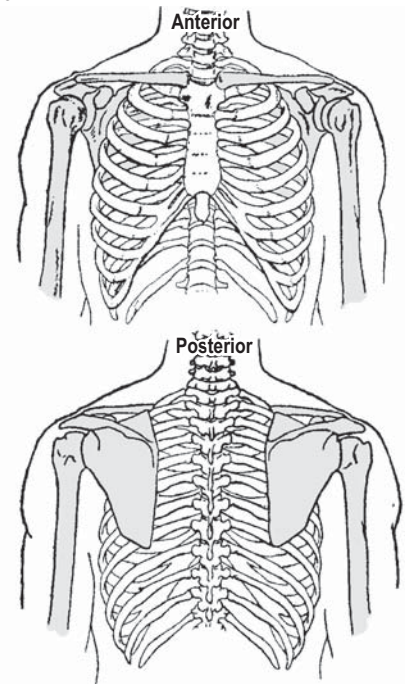
☐ Skin (bruising, scars): _____

☐ Asymmetry: _____

Observation ☐ 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	Palpation	L	R
Middle trapezius			Rotator cuff sup.		
Lower trapezius			Rotator cuff ant.		
Rhomboids			Teres major		
Thoracic spine			Latissimus dorsi		
Ribs 1-9 posterior			Subscapularis		
Levator scapulae			Serratus anterior		
Upper trapezius			Triceps brachii		
Scalenes			Deltoid		
Thoracic outlet			Deltoid tuberosity		
Cervical spine			Pectoralis minor		
Supraspinatus			Coracoid process		
AC joint			Coracobrachialis		
Infraspinatus			Biceps brachii		
Teres minor			Bicipital groove		
AC step defect			Pectoralis major		
Rotator cuff post.			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), ☐ WNL	L	R
Biceps (C5)		
Brachioradialis (C6)		
Triceps (C7)		
General grip strength		

Motor (0-5), ☐ 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: _____