

EXAMINATION OF THE SHOULDER



THYS DE BEER

SHOULDER EXAMINATION FORM

FILE NO. _____

(DR THYS DE BEER)

NAME:.....OCCUPATION:.....

DATE:.....AGE:.....SEX:M/F SPORT/PHYSICAL ACTIVITIES:.....

LEVEL:.....

HEIGHT:.....WEIGHT:.....INVOLVED SHOULDER:R/L DOMINANTSIDE: R/L



HISTORY

PAIN: Present since: Severe since:

Cause: Spontaneous / Injury:

		Area:		Painful Movements:	
Grade: I II III		Gr. Tuberosity	Post Shoulder	Elevation	Throwing
Pain lying on shoulder	+ -	Deltoid area	Central	Across body	Flexion (+ Pronation)
Night pain	+ -	Lat side of arm	LHBT	Reaching back	
Neck pain	+ -	Trapezius	ACJ	Painful Arc	
Headaches	+ -	Ant Shoulder	Neck	AER	

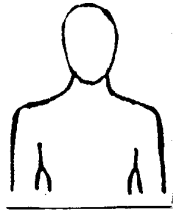
INSTABILITY: **NO / YES** First incident: Dead arm syndrome: No / Yes
Position of arm: Direction: Anterior / Posterior: How reduced: 1st Bystander / Dr. Analg. / GA. Spont.
Subsequent:
.....

FUNCTION (ACTIVITIES OF DAILY LIVING):

Normal:	S/Impaired:	Mod/Impaired:	Sev/Impaired:		
Injury: Shoulder:	No Yes	Previous Treatment:	No Yes	Physio	Biokinet.
Neck:	No Yes			NSAID	Sling
Previous Surgery:	No Yes			Steroid	

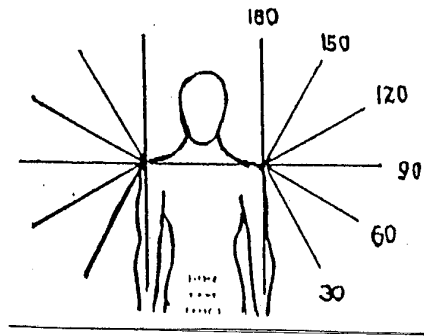
MEDICAL HISTORY: Allergies
Other Disorders

Scars

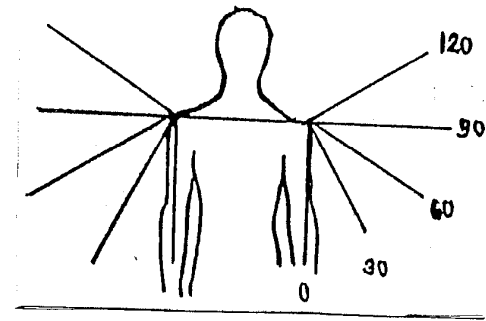


Sc Thor Rhythms
GH Rhythms

Total Active Elevation



Abduction (passive)

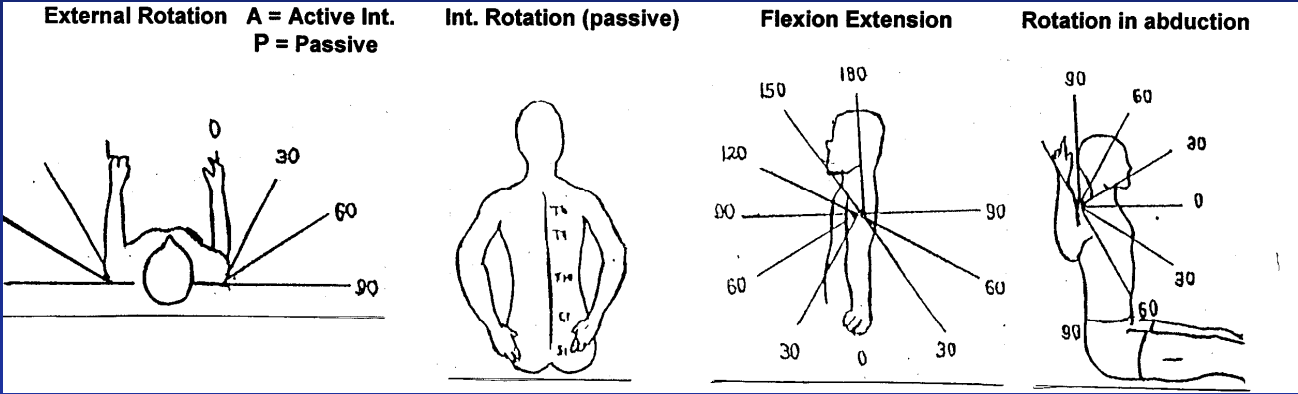


Elev.



Abd.





Muscle Testing: (Strength /5)
Pain Power

Ant deltoid

Mid deltoid

S/Spinatus: Jobe

Serratus Ant (Winging)



Pain Power

Ext. Rotation
Int. Rotation
Lift off



Pain Power

Triceps

Biceps

- **Elbow flexion**
- **Speed test**
- **Yergason**

Speed test



IMPINGEMENT SIGN

Mod. Imp. Sign (II)

Mod. Imp. Sign (III)

After local anaesthetic

+

-

+

-

+

-

+

-



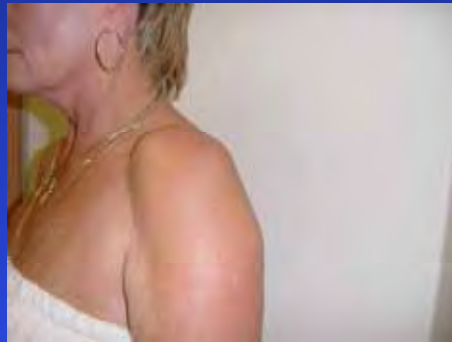
O'Brians Test	F - P	+	-
	Palm Up	+	-
	Mental Attitude:		



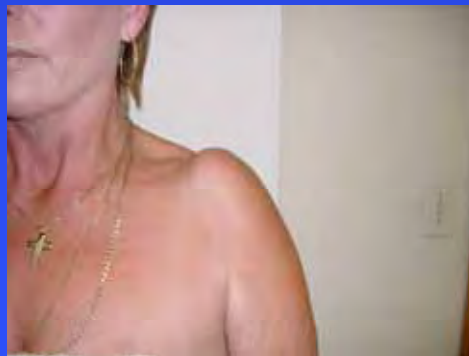
STABILITY:

Apprehension Test	+	-
Jobe relocation Test	+	-
Pain with AER	+	-

A.S. Instb.



Appr. test



Jobe reloc. test



Ant. Subluxation	+	-
Post. Subluxation	+	-
Ant. Trans. (Arm Neutral)	+	-

Grind Test	+	-
Sulcus Sign	+	-
Jerk Test	+	-

Sulcus sign



AC-JOINT
SC-JOINT

Local Tenderness + -
Compression Test + -

Distraction Test +
Cross body Adduction +



Passive mobility - Gr. I II III IV
Relief after injection + -

NECK: Tenderness + - C: ROM: N/
Crepitus scapula + -
Neuro Vascular: Thoracic outlet:

Spurling + - Ext
L LFE Neck
R LFE L/R Trapezius



ULTRASOUND

