

Shoulder Examination

Objective:

To be able to examine the shoulder and differentiate between a frozen shoulder and rotator cuff lesion.

Examination:

1. Observe:
 - Scars
 - Deformity
 - Asymmetry anterior and posterior
 - Muscle wasting
 - posture

2. Feel
 - Acromioclavicular joint
 - Glenohumeral joint

3. Active movements:
 - Abduction
 - External and internal rotation

4. Passive movements
 - Abduction
 - External and Internal rotation

5. Provocative tests
 - Resisted abduction
 - Resisted external rotation
 - Resisted internal rotation
 - (Look for weakness and/or pain)
 - Empty can sign

6. Neck and neuro examination

Frozen shoulder: Reduced active and passive movements in all directions

Rotator cuff: Reduced active movements due to pain with painful arc. Passive movements may be near normal but painful.