



Checklist for On-Site Examination of the Shoulder and Arm

Primary Survey

- ☐ Consciousness
- ☐ Airway, breathing, and circulation
- ☐ Severe bleeding

Secondary Survey

History

- ☐ Mechanism, location, and severity of pain
- ☐ Information from bystanders

Observation

- ☐ Deformity, swelling, discoloration
- ☐ Athlete's response to injury
- ☐ Unusual limb positioning

Palpation

- ☐ Deltoid contour
- ☐ Bony tenderness
- ☐ Bone and joint deformity or crepitus

Neurovascular Examination

- ☐ Sensory (C5-T1)
- ☐ Motor (C5-T1)
- ☐ Distal pulse (radial)

Active ROM

Determine mode of transportation from site.