



## Checklist for Acute Examination of the Shoulder and Arm

### History

Ask questions pertaining to the following:

- ☐ Chief complaint
- ☐ Mechanism of injury
- ☐ Unusual sounds or sensations
- ☐ Type and location of pain or symptoms
- ☐ Previous injury
- ☐ Previous injury to opposite extremity for bilateral comparison

### Observation

- ☐ Visible facial expressions of pain
- ☐ Swelling, deformity, abnormal contours, or discoloration
- ☐ Does the athlete let the arm hang and swing, or does the athlete hold or splint the arm?
- ☐ Overall position, posture, and alignment (anterior, lateral, and posterior)
- ☐ Muscle development—are there areas of muscular atrophy?
- ☐ Bilateral comparison of acromions, SC joints, inferior border of scapula, and scapular spine
- ☐ Is the inferior tip of scapula level with T7 and the superior medial ridge level with T2?

### Palpation

Bilaterally palpate for pain, tenderness, and deformity over the following:

- ☐ SC joint, clavicle, AC joint, acromion, coracoid process, subacromial bursa, greater tuberosity, lesser tuberosity, bicipital groove
- ☐ Spine, superior and inferior angles of scapula, lower cervical and upper thoracic spinous processes
- ☐ Rotator cuff insertion

- ☐ Sternocleidomastoid, pectoralis
- ☐ Biceps tendon and muscle
- ☐ Trapezius, rhomboid, latissimus dorsi, serratus anterior
- ☐ Axillary structures

### Special Tests

- ☐ Glenohumeral stability tests
- ☐ Labrum pathology tests
- ☐ AC and SC stability tests
- ☐ Rotator cuff pathology tests
- ☐ Biceps tests

### Range of Motion

- ☐ Active ROM for shoulder flexion and extension, abduction and adduction, horizontal adduction and abduction, and medial and lateral rotation
- ☐ Observe scapular elevation and depression, retraction and protraction, upward and downward rotation with active motions listed previously.
- ☐ Passive ROM for shoulder motions listed
- ☐ Passive ROM for scapular motions listed
- ☐ Bilateral comparison

### Strength Tests

- ☐ Perform manual resistance against same motions as performed in active ROM.
- ☐ Check bilaterally and note any pain or weakness.

### Neurovascular Tests

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

### Functional Tests