

Shoulder Physical Examination

Name _____

Date _____

Shoulder

Inspection

Finding	Positive
Mass	
Swelling	
Discoloration	
Deformity	
Cicatrix	
Joint Play	
Bony Palpation	
Soft Tissue Palpation	
Scapular Rhythm 2:1	

Muscle Strength

Test	Left	Right
Pec Major		
Pec Minor		
Ant Deltoid		
Middle Deltoid		
Post Deltoid		
Rhomboids		
Trapezius		
Suoraspinatus		
Infraspinatus		
Teres Minor		
Teres Major		
Suscapularis		
Latissimus Dorsi		

5 = normal; full ROM, full resistance
 4 = good; full ROM, some resistance
 3 = fair; full ROM, against gravity
 2 = poor; full ROM, no gravity
 1 = trace; no motion, with contractility
 0 = zero; no motion, no contractility

Passive Range Of Motion

Shoulder	Norm	Exam	Pain
Abd (hum int rot)			
Abd (hum ext rot)			
Adduction			
Flexion			
Extension			
Internal Rotation			
External Rotation			

Active Range Of Motion

Shoulder	Norm	Exam	Pain
Abd (hum int rot)			
Abd (hum ext rot)			
Adduction			
Flexion			
Extension			
Internal Rotation			
External Rotation			

Orth/Neuro Tests

Test	Left	Right
Yergason's		
Drop Arm		
Apprehension		
Apley's		
Dugas'		
Jobe's		
Disappearing Bursa		

