Clinical Examination of the Shoulder
Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP’s website at www.optp.com and search for the product number.

QUICK TESTS FOR THE CERVICAL SPINE
Flexion
Extension
Sidebend, right
Sidebend, left
Axial rotation, right
Axial rotation, left

TESTS FOR THE SHOULDER GIRDLE
Elevation
Protraction
Retraction (15 sec hold)
Depression

SCAPULOTHORACIC JUNCTION
Observation of Scapular Position
- in neutral
- prepositioned – the “scolding position”
- prepositioned – the “sleepwalk position”
- prepositioned – arms abducted to 90°
- concentric and eccentric full elevation
  o through abduction
  o through flexion

ARM ELEVATION
Test for Painful Arc
- through abduction
- through flexion
- through scaption
Passive Elevation
- with shoulder girdle fixation
- with scapula fixation
  & medial overpressure
- with scapula fixation
  & posterior overpressure

PASSIVE TESTS
Internal Rotation
Glenohumeral Abduction
External Rotation
RESISTED TESTS  (in physiological neutral rotation, except lift off sign)
Resisted Adduction
Resisted Abduction
- concentric in neutral

If needed: (Resisted Abduction eccentric, in 30° abduction & internal rotation)

Resisted External Rotation
Resisted Internal Rotation

“Lift Off” Sign
Resisted Elbow Flexion
Resisted Elbow Extension

EXTRA TESTS
Painful Resisted Tests with Pull
- abduction
- external rotation
- internal rotation

Horizontal Adduction from ventral
Adduction from dorsal
Extra Tests for Impingement
- Subacromial impingement (Kennedy) test
- Subcoracoid impingement test
- Modified relocation test

Labrum Tests:
  O’Brien test
  If needed: modified crank/clunk

Suprascapular Nerve Test

Test for Tight Superior Posterior Capsule
Stretch for Long Head of Biceps

STABILITY TESTS
Anterior Laxity Tests
- Fukuda test (static, neutral position)
- Load and shift test
  o Maximal loose packed position
  o 90° abduction, max ER
Anterior Instability Test
- relocation test

Inferior Laxity Tests
- sulcus test
  - in neutral
  - in ER
  - in IR
- in 90° abduction
  - in neutral

Posterior Laxity Tests
- Fukuda test (static, neutral position)
- Load and shift test
  - Maximal loose packed position
  - 90° flexion, IR, horizontal adduction

OTHER TESTS:
Anterior Apprehension Tests
- Rowe’s test
- Feagin’s test