

## **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](http://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
  - o Maximal loose packed position
  - o 90° flexion, IR, horizontal adduction

**OTHER TESTS:**

*Anterior Apprehension Tests*

- Rowe's test
- Feagin's test