



Shoulder Clinical Examination Station

Sticker

- This patient has pain in the right shoulder.
- Examine his shoulder.

Item	Procedure	Weight	Marks
Opening	• Introduction, Explanation, Exposure, And Privacy	2	
Look	• General on shoulder: Position, Swelling & extra	1	
	• Skin scars and color change	1	
	• Muscles wasting: Deltoid, supraspinatus, Infraspinatus.	1	
	• Deformity	1	
	• Should look from front, <u>back</u>, side, and from above	1	
Feel	• Tenderness: Generalized / Specific points of tenderness at Bony landmarks: AC, Clavicle, sterno-clavicular joint, Scapular spine, and biceps	2	
	• Temperature: Compare both sides, proximal and distal	1	
Move	• Active first: General screening for pain, then passive	1	
	• Abduction / Adduction	1	
	• Forward flexion / Extension	1	
	• External / Internal rotation: In adduction <u>OR</u> abduction	1	
Special Tests	• Apprehension test	2	
	• AC joint: Cross Body Adduction test	2	
	• Supraspinatus, Infraspinatus, Teres Minor and Subscapularis muscles test	4	
	• Biceps brachii: Yergason <u>OR</u> Speed test	2	
Overall	• Attitude with patient	1	
Total Marks		25	

Name of Examiner:

Signature: