

# **DISCLAIMER**

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# **Patient with shoulder pain**

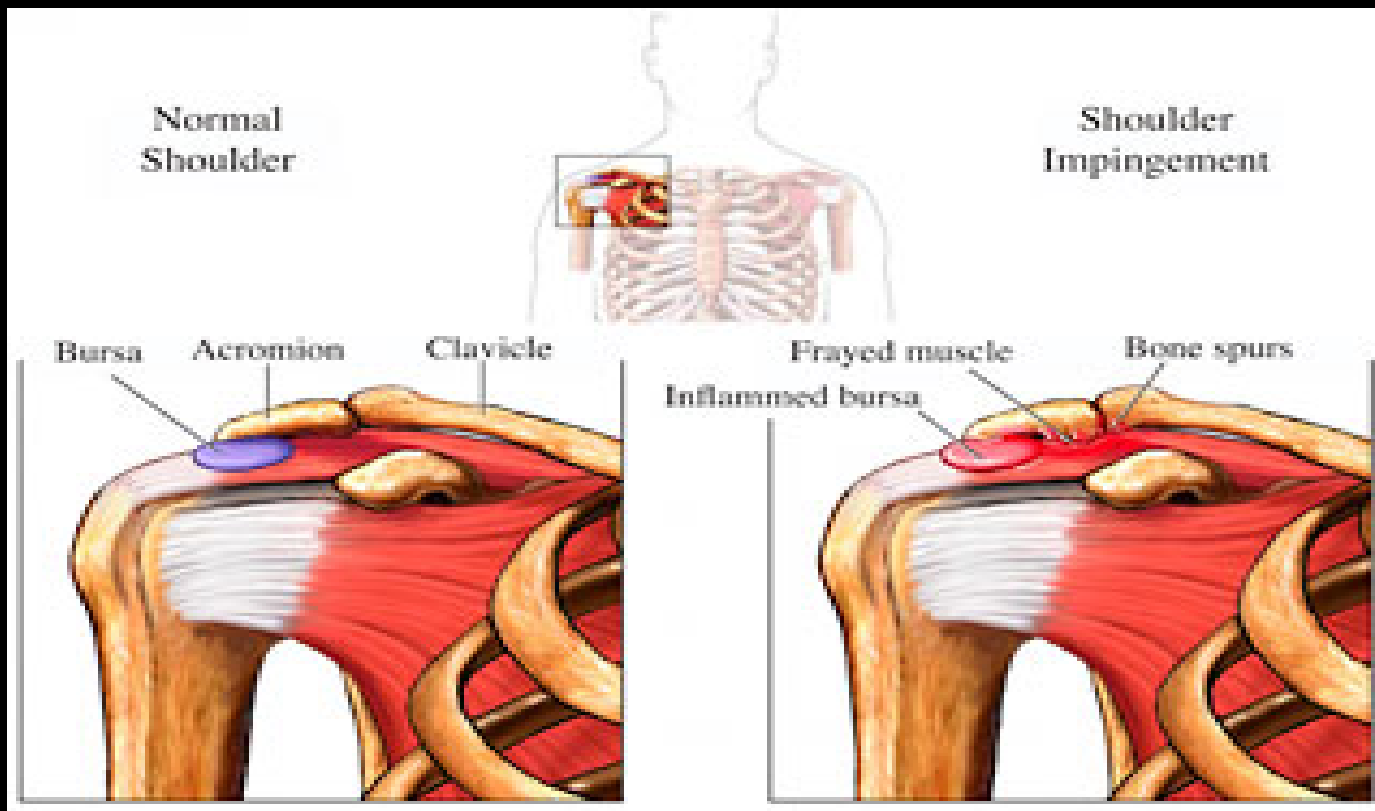
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# HX: Shoulder Pain

- ◎ Symptoms suggestive of shoulder disease are described as pain, loss of mobility, and weakness.
- ◎ Make sure there are no symptoms of angina, myocardial ischemia, gallbladder disease, or diaphragmic irritation

# Subacromial Impingement

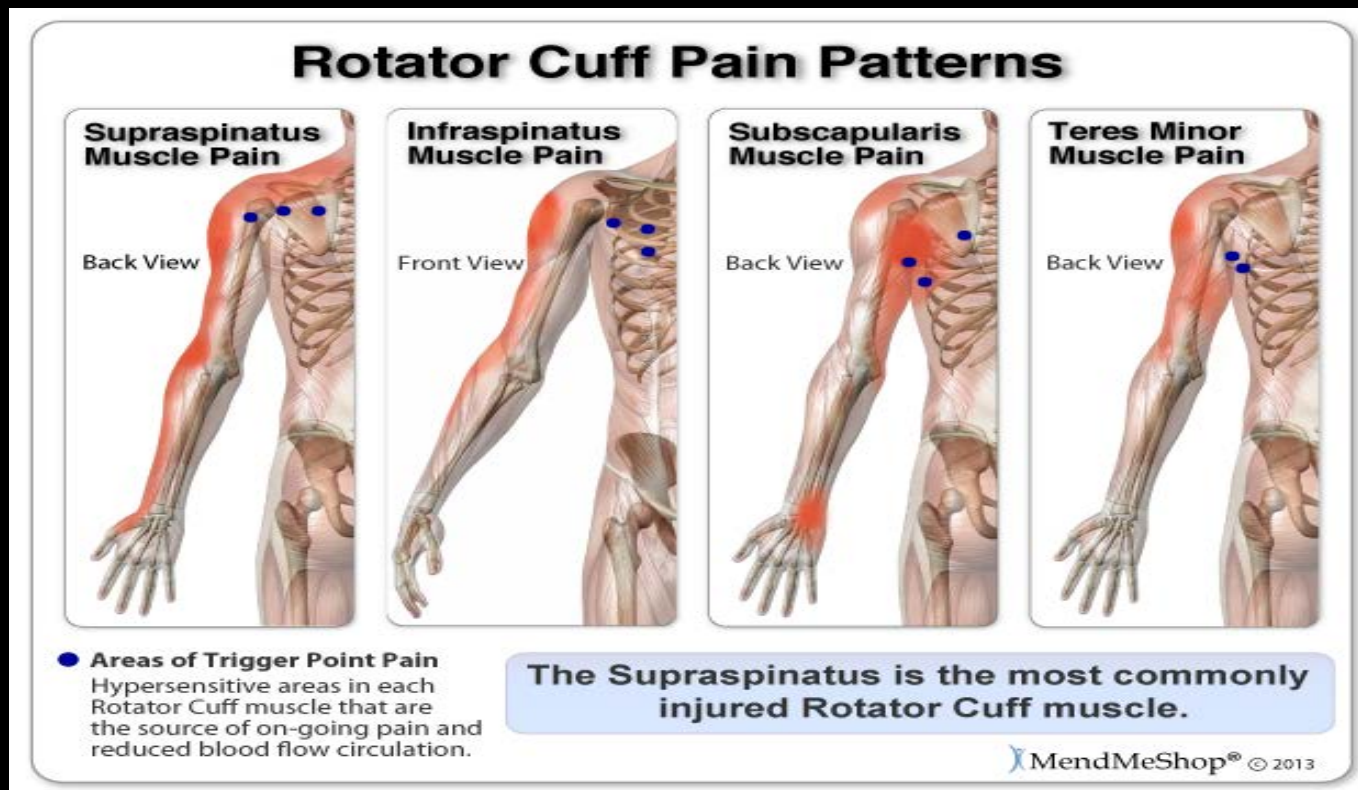
- ◎ Pain above the horizontal level
- ◎ Impingement of greater tuberosity against the under surface of the acromion



# HX: Rotator Cuff Defects

Pain associated with lying down or causing difficulty sleeping.

- © Tears are often caused by degeneration over time. Not acute trauma.

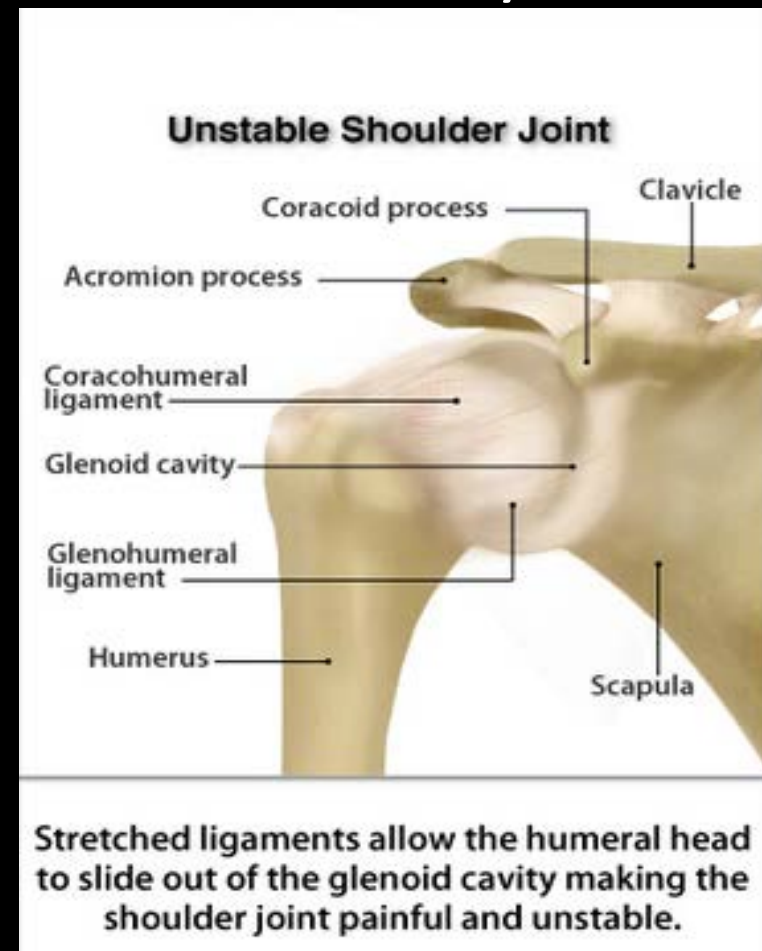
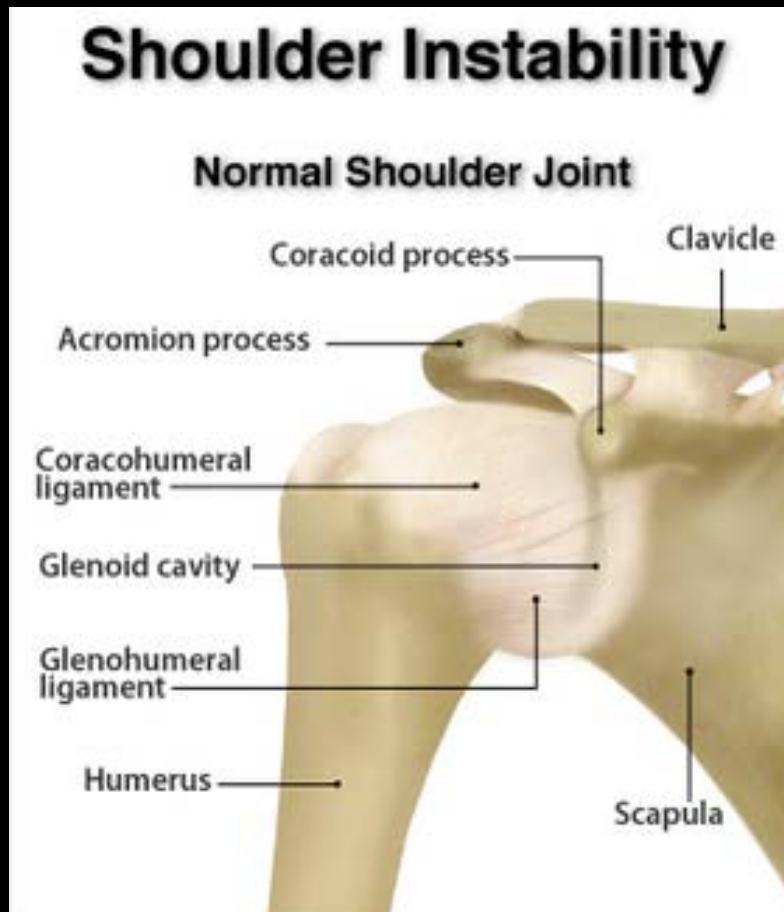


# HX: Tendonitis/Bursitis



# HX: Glenohumeral Instability

- Patient reports imminent shoulder dislocation indicates shoulder instability.



# Physical Examination

- ⦿ Check for referred pain
- ⦿ Rule out cervical disease by testing for Spurling's Sign
- ⦿ Check for signs of ischemia
- ⦿ Examine both shoulders to determine asymmetry or deformity
- ⦿ Ask patient to actively demonstrate ROM
  - Winging of scapula may indicate serratus anterior palsy
  - Ask patient to point out specific points of tenderness



# PEx: Continued

## Palpate:

- ⦿ Anterior aspect of the acromion
- ⦿ Acromioclavicular joint
- ⦿ Bicipital groove
- ⦿ Greater tuberosity
- ⦿ Cervical spine

## Passively move joint through ROM

- ⦿ Note any limitations and/or crepitation

## Test strength of both shoulders

- ⦿ Inability to “shrug” suggests trapezial muscle weakness

# PEx: Special Tests

## SPECIAL TESTS

Rotator cuff

- Empty can test
- Lift off test
- Drop arm test

Impingement tests

- Neer's sign
- Hawkin's test

Biceps tendon

- Speed's test

Labral tear

- O'Brien's test
- Crank test

Instability tests

- Apprehension Test
- Relocation test
- Anterior release test