

Shoulder Bursitis Test

Patient Information

Name:

Occupation:

Date of Birth:

Current Symptoms (include pain, location):

Current Daily Activities:

Testing Information

Practitioner Name:

Current Date:

Resources

It may be beneficial to have a comfortable examination chair or bed to optimize patient comfort, however this is not a necessity as the physical examination can be completed while standing.

Instructions

Have patients comfortable sitting on the examination chair or bed, or standing.

- Ask patients to locate the site of pain or irritation.
- Assess shoulder pain by asking patients to rate the level of pain
- Begin the physical examination of the shoulder by checking for swelling or inflammation around the joint.
- Complete a shoulder range of motion test by assessing passive range of motion, active range of motion, and active-assistive range of motion.

If the patient has any of the following, it is likely that they are experiencing shoulder bursitis:

- There is swelling or inflammation around the shoulder joint or surrounding areas, such as rotator cuff muscles or the shoulder joint.
- The patient experiences discomfort when the shoulder area is felt or pressed.
- Patient feels discomfort or has a limited passive range of motion test.

Physical Examination Notes:

The patient rates their pain as _____

- There is swelling or inflammation around the shoulder joint or surrounding areas
- Patient experiences discomfort when the shoulder area is felt or pressed.
- Patient feels discomfort or has a limited passive range of motion test.
- Patient feels discomfort or has a limited active range of motion.
- Patient feels discomfort or has a limited active-assistive range of motion.

Additional comments:**Diagnostic Procedures**

If you suspect the patient is experiencing shoulder bursitis, it would be beneficial to conduct one of the following diagnostic procedures:

- X-ray to check for rheumatoid arthritis, arthritis, or other issues that may be affecting the shoulder.
- Magnetic resonance imaging (MRI) or ultrasound view the bursae and check for inflammation or excess fluid build up.

Complete a joint aspiration to drain excess fluid in the shoulder bursa, checking the fluid for the presence of any infection or gout.

Additional Comments and Recommendations