Shoulder Exam Checklist

Patient information

Name	Age
Jonathan Lee	44
Date of birth	**Phone number**
January 1, 1980	555-0352-13

Please check all assessments done and provide findings in the designated fields

☑ **Subjective assessment**

Chief complaint

Pain in the right shoulder, difficulty lifting arm overhead.

History of present illness

Onset of pain two weeks ago after lifting heavy boxes during a move. Pain has been persistent since then.

Past medical history

No significant medical history. No previous shoulder issues.

Previous shoulder injuries or surgeries

None reported.

Medications

Over-the-counter pain relievers as needed.

Allergies

None reported.

☑ **Objective assessment**

Inspection

Right shoulder appears slightly swollen compared to the left. No visible deformity.

Palpation

Tenderness over the acromioclavicular joint. No warmth or nodules detected.

Range of motion (ROM)

Limited abduction and external rotation due to pain.

Strength testing	Weakness observed during abduction and external rotation against resistance.
Special tests	Positive Neer's and Hawkins-Kennedy tests.

☑ **Neurovascular assessment**

Normal sensation, capillary refill, and radial pulse intact.

☑ **Functional assessment**

Difficulty reaching behind the back and lifting objects overhead.

Summary of findings

Right shoulder pain and limited ROM, especially abduction and external rotation. Positive Neer's and Hawkins-Kennedy tests indicate possible rotator cuff pathology.

Recommendation
Advise rest, ice, and avoid heavy lifting. Refer for an MRI to assess rotator cuff integrity. Prescribe NSAIDs for pain management. Physical therapy consultation for strengthening exercises.

Additional notes
Advise follow-up in two weeks for review of MRI results and further management.