

Shoulder Exam

Patient Information		
Name:	Age:	Gender:
Chief Complaint:		
Date of Injury/Onset of Symptoms:	Occupation or Sport:	
Observation		
Inspection of the shoulder area for:		
Comparison with the Opposite Shoulder:		
Range of Motion (ROM)		
Active and Passive Shoulder Flexion:		
Active and Passive Shoulder Extension:		
Active and Passive Shoulder Abduction:		
Active and Passive Shoulder Adduction:		
Active and Passive External Rotation:		
Active and Passive Internal Rotation:		
Note any pain, crepitus, or end-feel of the joint:		
Strength		
Manual Muscle Testing of Shoulder Flexion:		
Manual Muscle Testing of Shoulder Extension:		
Manual Muscle Testing of Shoulder Abduction:		
Manual Muscle Testing of Shoulder Adduction:		
Manual Muscle Testing of External Rotation:		
Manual Muscle Testing of Internal Rotation:		
Isometric Testing or Handheld Dynamometry:		
Note any weakness or muscle imbalance:		
Special Tests		
Neer's Test:		
Hawkins-Kennedy Test:		
Speed's Test:		
Yergason's Test:		
Empty Can Test:		

Shoulder Exam

Special Tests	
Drop Arm Test:	
Apprehension Test:	
Relocation Test:	
Palpation	
Shoulder Joint:	
Clavicle:	
Scapula:	
Acromioclavicular Joint:	
Coracoid Process:	
Bicipital Groove:	
Surrounding Soft Tissues:	
Identify tenderness, swelling, or deformities:	
Functional Assessment	
Limitations or difficulties with daily activities such as reaching overhead, dressing, and lifting:	
Functional deficits in sports-specific movements or occupational tasks:	
Additional Tests	
Imaging Studies such as X-rays, MRI, or Ultrasound if needed:	
Treatment Plan	