Shoulder Examination

Objective:
To be able to examine the shoulder and differentiate between a frozen shoulder and rotator cuff lesion.

Examination:

1. Observe:
   Scars
   Deformity
   Asymmetry anterior and posterior
   Muscle wasting
   Posture

2. Feel
   Acromioclavicular joint
   Glenohumeral joint

3. Active movements:
   Abduction
   External and internal rotation

4. Passive movements
   Abduction
   External and Internal rotation

5. Provocative tests
   Resisted abduction
   Resisted external rotation
   Resisted internal rotation
   (Look for weakness and/or pain)
   Empty can sign

6. Neck and neuro examination

Frozen shoulder: Reduced active and passive movements in all directions
Rotator cuff: Reduced active movements due to pain with painful arc. Passive movements may be near normal but painful.