**Master of Physician Assistant Practice**

**Shoulder Exam Checklist SAMPLE**

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**Student Name Date Proctor Grade**

|  |  |  |  |
| --- | --- | --- | --- |
| **SCORING** | **2**  **Performed correctly** | **1**  **Performed incorrectly** | **0**  **Did not perform** |
| **INSPECTION:** |  |  |  |
| Symmetry & swelling |  |  |  |
| Scars & deltoid atrophy |  |  |  |
| **PALPATION:** |  |  |  |
| SC joint |  |  |  |
| Clavicle |  |  |  |
| AC joint |  |  |  |
| Acromion |  |  |  |
| Bicipital groove |  |  |  |
| Subacromial bursa |  |  |  |
| Scapula |  |  |  |
| Deltoid |  |  |  |
| **ROM:** |  |  |  |
| Forward flexion |  |  |  |
| Extension |  |  |  |
| Abduction |  |  |  |
| Adduction |  |  |  |
| Internal rotation |  |  |  |
| External rotation |  |  |  |
| **STRENGTH:** |  |  |  |
| Forward flexion |  |  |  |
| Extension |  |  |  |
| Abduction |  |  |  |
| Adduction |  |  |  |
| Internal rotation |  |  |  |
| External rotation |  |  |  |
| **SPECIAL TESTS:** |  |  |  |
| Empty can test – resisted abduction at 45 degrees |  |  |  |
| Hawkin’s sign (passive flexion to 90, IR) |  |  |  |
| Neer’s sign (pronate arm, passive forward flexion) |  |  |  |

**Overall Comments:**