

**BUMED "GOLDEN SHOULDER" EXAMINATION
20170314**

Physical Exam

Range of Motion – bilateral, rated 0-5 L / 0-5 R

- Flexion
- Scaption
- Abduction
- ER at 30abd
- ER at 90abd
- IR behind back
- IR at 90abd

Strength – bilateral, rated 0-5 L / 0-5 R

- Flexion
- Scaption
- Abduction
- ER
- IR
- Middle trap
- Lower trap

Anterior Apprehension Test

Posterior Apprehension Test

Sulcus Sign

Load and Shift

Speed's Test

Hawkin's Test

Empty Can Test

Neer's Test

O'Brien's Test

Compression Rotation Test

Functional Test

Manual Muscle Tests rated 0-5 L / 0-5 R

Pushups – 30

- ER strength

- Scaption strength

Triped position scapular press up with plus – 30
bilateral

- ER strength

- Scaption strength

Pullups – max (overhand/dead hang only)

- ER strength

- Scaption strength

5lb dumbbell in ER/ABD – 30 bilateral

- ER strength

- Scaption strength

30lb dumbbell overhead push press – 30

- ER strength

- Scaption strength

Dips – max

- ER strength

- Scaption strength

Tests are administered to evaluate not only overall strength but bilateral symmetry during movements and potential compensatory patterns. Manual muscle tests following each movement during the functional test are to evaluate potentially asymmetrical progression of fatigue.

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