

Shoulder Jt

Whole patient!

I Front

Prominent sterno-clavicular jt (sublux)
 * Deformity clavicle (old x)
 * Prominent acromio-clavicular (sublux / OA)
 Deltoid wast
 Head - humerus - dislocated
 Swell

? scars
 musc wast -
 Swell -
 Symm

Side

Behind

Shoulder - small x high : Sprengel shoulder
 Neck - webbs (+ low hairline + sciss): Klippel-Feil syn } fuse C4-5
 Wings - scapula

Above

Swell
 Deformity clavicle
 Asym - supraclavicular fossae

P

Fr & back: sterno-clavicular jt → Shoulder → Acromioclav → Glenohumeral

Glenohumeral jt < ant
 post

Diffuse tenderness - infect^a
 G²⁺ supraspinatus tendinitis

Tone

Exostoses

Acromio-clavicular jt < tenderness
 lip

(press below acromion & abd) → sudden tenderness : Tear

Clavicle - tender in sterno-clavicular distal²
 infect^a
 tumour
 radio-necrosis (\ & breast cancer)

Tenderness - supraspinatus tendon

Cervical spine

Movement

? crepitat²

Active - SCREENING : Put hands together above head



Passive - Abd < Free (30° fr side)
 Add < Fixed (press firmly on shoulder)
 elbow at 90°

Painful arc < Low (60-120°)
 - Rotator cuff pathology
 High (140-180°)
 - OA ACjt

Use top of abd to stabilize



Flex (stabilize angle scapula)
 Ext

Ext rot

Int rot



POWER

Deltoid ~ Abd

Supraspinatus ~ 30° fr side thumb down → flush up

Infraspinatus ~ Ext rot

Pect & subscapularis → Lift hand up

Pect major - hands push into waist

Serratus ant ? winging



Lift-off test (Gerber's test)

Special

Impingement test (Supraspinatus) - abd 90° → turn thumb down ? pain

Ⓐ Crepitat

Drawer test

* **Long head biceps** - ? rupture

Cervical spine - Flex & ext
Lat rot
" flex 2

NS - UL

Pulses

Ⓐ Bruit - subclavian A

Radial radial inequality

Ⓐ Cx spine

Ⓐ Pancoast's tumour - Homer's
- Trachea
- Mass
Focal signs - ↓ B, crackles

Ⓐ GIT Gall stones

Cranio-keido-dysostosis
→ patient bring both shoulders to midline
(Absence clavicles)