

Final Exam

Evaluation of Shoulder Injuries

Chapter 22; class notes

Class Meeting: Wednesday, April 20, 2016

Define Differential Diagnosis.

- The distinguishing of a disease or condition from others presenting with similar signs and symptoms.

Based on your sideline observation of a quarterback, you suspect either an acromioclavicular joint sprain or a glenohumeral joint subluxation of the right shoulder. Demonstrate a physical examination of this shoulder using an acceptable sequence from taki

- see handout notes for Evaluation of Shoulder Injuries

What is the Apley's Scratch Test? For what purpose might it be used?

- A simple test to evaluate ROM of the glenohumeral and scapulothoracic joints; specifically evaluates abduction and adduction, internal and external rotation, elevation and depression, protraction and retraction.

Simulated Evaluation:

Examination Question for Test 3 (respond in writing) and Oral Final Exam (respond with demonstration):

Based on your sideline observation of a quarterback, you suspect either an acromioclavicular joint sprain or a glenohumeral joint subluxation of the right shoulder. Demonstrate a physical examination of this shoulder using an acceptable sequence from taking a history through special tests.

SHOULDER INJURIES

SEE CHAPTER 22, CLASS WEBSITE FOR VIDEOS

TEST 3

H O P S

1. History

- How did the injury happen?
- When did the injury happen?
- Has there ever been a previous shoulder injury?
- Did he hear or feel a "pop"?
- Is there numbness or tingling in the shoulder, arm or hand?
- Remember, brachial plexus injuries may produce symptoms similar to shoulder injuries. Examine neck and brachial plexus if this is suspected.

2. Observation

- Does injured shoulder look like uninjured shoulder?
- Is there swelling, discoloration or deformity?

3. Palpation

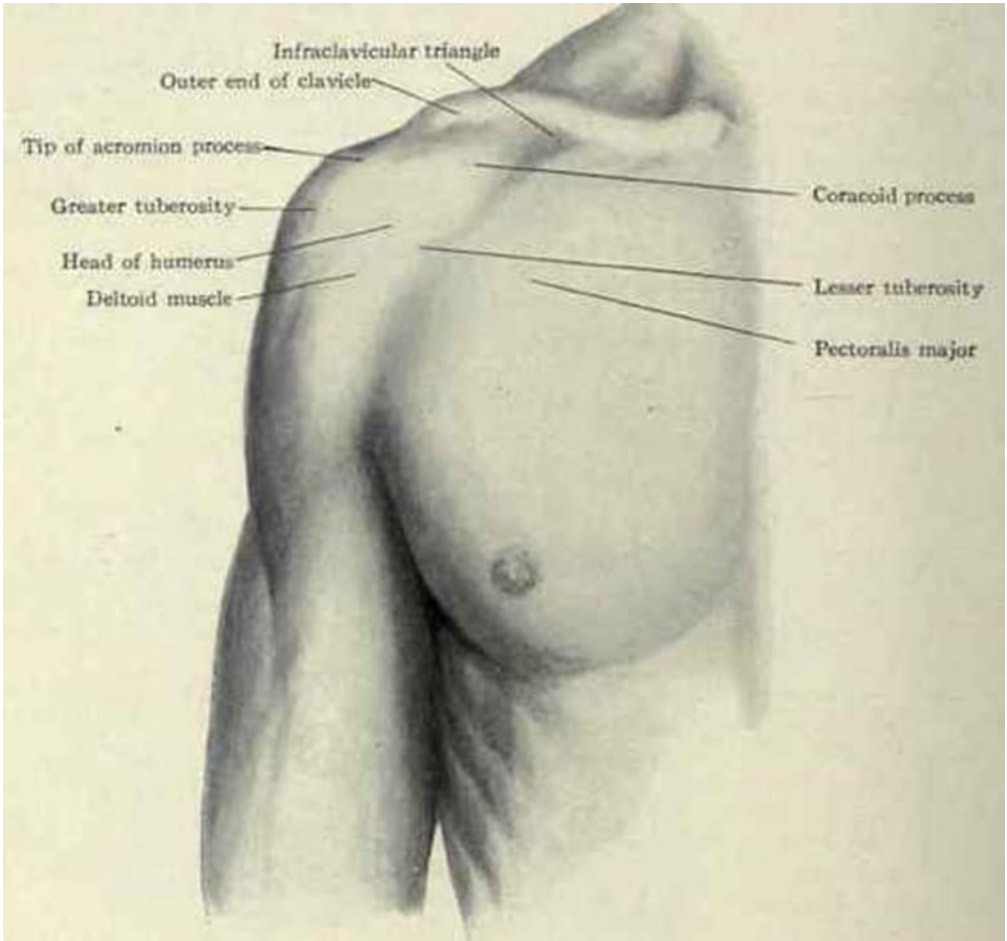
- Feel for point tenderness and swelling:

Clavicle

Acromioclavicular Joint

Head of Humerus

Spine of the Scapula



H O P S

4. Special Tests

- Check ROM

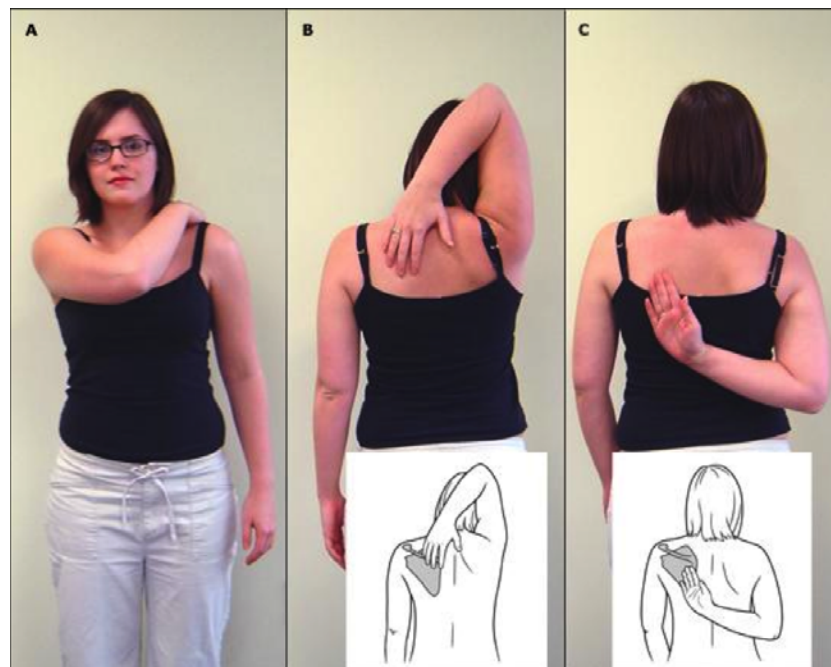
- Does injured shoulder have the same motion as uninjured shoulder?

- Does any motion elicit pain?

- Flexion

- Extension

- Evaluate abduction, internal/medial rotation, and external/lateral rotation. You can use Apley's Scratch Test.



H O P S

4. Special Tests

- Check Joint Stability
 - Stress the clavicle - evaluates integrity of acromioclavicular joint
 - Distract the acromioclavicular joint - evaluates integrity of acromioclavicular joint
 - Apprehension Test - evaluates the integrity of glenohumeral joint
- Check Function
 - Can athlete throw a football?



Grading Scheme

Test 3 (10 pts)

Based on your sideline observation of a quarterback, you suspect either a shoulder subluxation or acromioclavicular joint sprain of the right shoulder. You have taken the medical history and inspected the shoulder for deformity. Describe the remainder of the physical examination that will help you to determine if the athlete subluxed or separated his shoulder.

Palpate

- 1 – clavicle
- 1 – AC joint
- 1 – head of humerus
- 1 – spine of scapula

Check ROM

- 1 – flexion & extension
- 1 – abduction & adduction
- 1 – internal & external rotation

Differentiate AC joint injury from subluxation

- 1 – Stress Clavicle or Distract AC joint
- 1 – Apprehension Test

Function

- 1 – sport specific skills

Oral Final Exam

<u>History</u>			
2	0	How did it happen?	
2	0	Previous injury?	
2	0	Hear a "pop"?	
<u>Inspection</u>			
2	0	Compare to uninjured side?	
2	0	Deformity, swelling, discoloration?	
<u>Palpation</u>			
4	2	0	Clavicle
4	2	0	AC Joint
4	2	0	Head of Humerus
4	2	0	Spine of Scapula
<u>Special Tests</u>			
4		0	Flexion
4		0	Extension
4		0	Abduction, Adduction, Internal, External Rotation
4	2	0	Stress Clavicle or Distract AC Joint
4	2	0	Apprehension Test
4		0	Sport Specific Skills
			Points