

# EVALUATION OF SHOULDER INJURY

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Prentice, W. (2014). *Principles of athletic training: A competency-based approach*. (15th ed.). New York: McGraw-Hill.



# Glenohumeral Joint vs. AC Joint Sprain

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.

*Differential Diagnosis - the distinguishing of a disease or condition from others presenting with similar signs and symptoms*



# 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

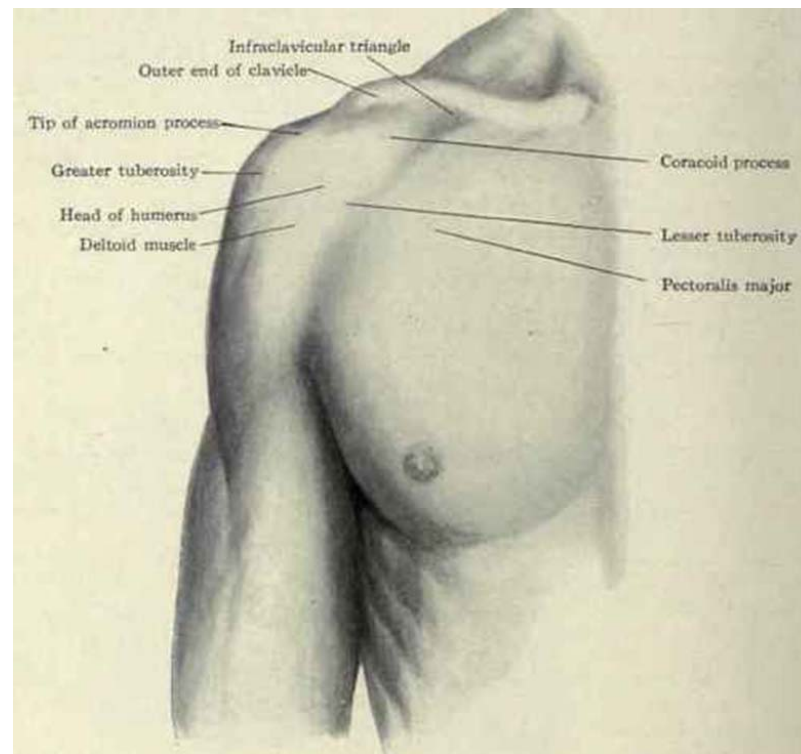
- Does injured shoulder look like uninjured shoulder?
- Is there swelling, discoloration or deformity?



# H O P S

## 3. Feel for point tenderness and swelling:

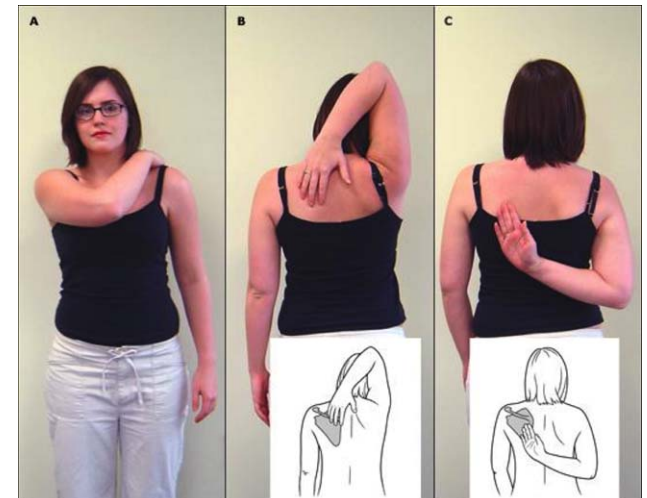
- Clavicle
- Acromioclavicular Joint
- Head of Humerus
- Spine of the Scapula



# H O P S

## 4. Special Tests

- Check Range of Motion
  - Does injured shoulder have the same motion as uninjured shoulder?
  - Does any motion elicit pain?
    - Flexion and Extension
    - Evaluate abduction, internal/medial rotation, and external/lateral rotation. You can use Apley's Scratch Test



# H O P S

## 4. Special Tests

- Stress Tests

- 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?



# Homework

Are you studying for the final exam?

