

SHOULDER

Palpations:

Anterior:

- Sternoclavicular (SC) joint
- Clavicle
- Acromion process
- Acromioclavicular (AC) joint
- Coracoid process
- Greater tuberosity
- Lesser tuberosity
- Bicipital groove

Posterior:

- Spine of scapula
- Superior angle of scapula
- Inferior angle of scapula
- Medial border of scapula
- Lateral border of scapula

Range of Motion (Active, Passive, Resistive):

- Flexion (170-180)
- Extension (50-60)
- Abduction (170-180)
- External rotation (90-100)
- Internal rotation (80-90)

Stress Tests:

AC joint

- AC compression test
- AC traction test

GH joint

- Apprehension & Relocation test
- GH glide test
- Posterior apprehension test
- Sulcus sign

Rotator cuff & Biceps brachii tendon (long head)

- Hawkin's test
- Empty can test
- Neer's test
- Speed's test
- Yergason's test

Labrum

- O'Brien's test

Clavicle

- Piano key test