

Examination of the shoulder

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ARTHRITIS



Meet the speakers



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Learning outcomes

1. Gain confidence in taking an effective history from an MSK patient, including eliciting red flags and psychosocial flags.
2. Be able to demonstrate focused examination of the MSK patient.
3. Practice explanation of the diagnosis.
4. Formulate a management plan, including appropriate investigations, referral, safety net and follow-up.

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The MSK examination



Use basic anatomy
and think about the
structures you are
examining



It's not about
remembering lots
of special tests!



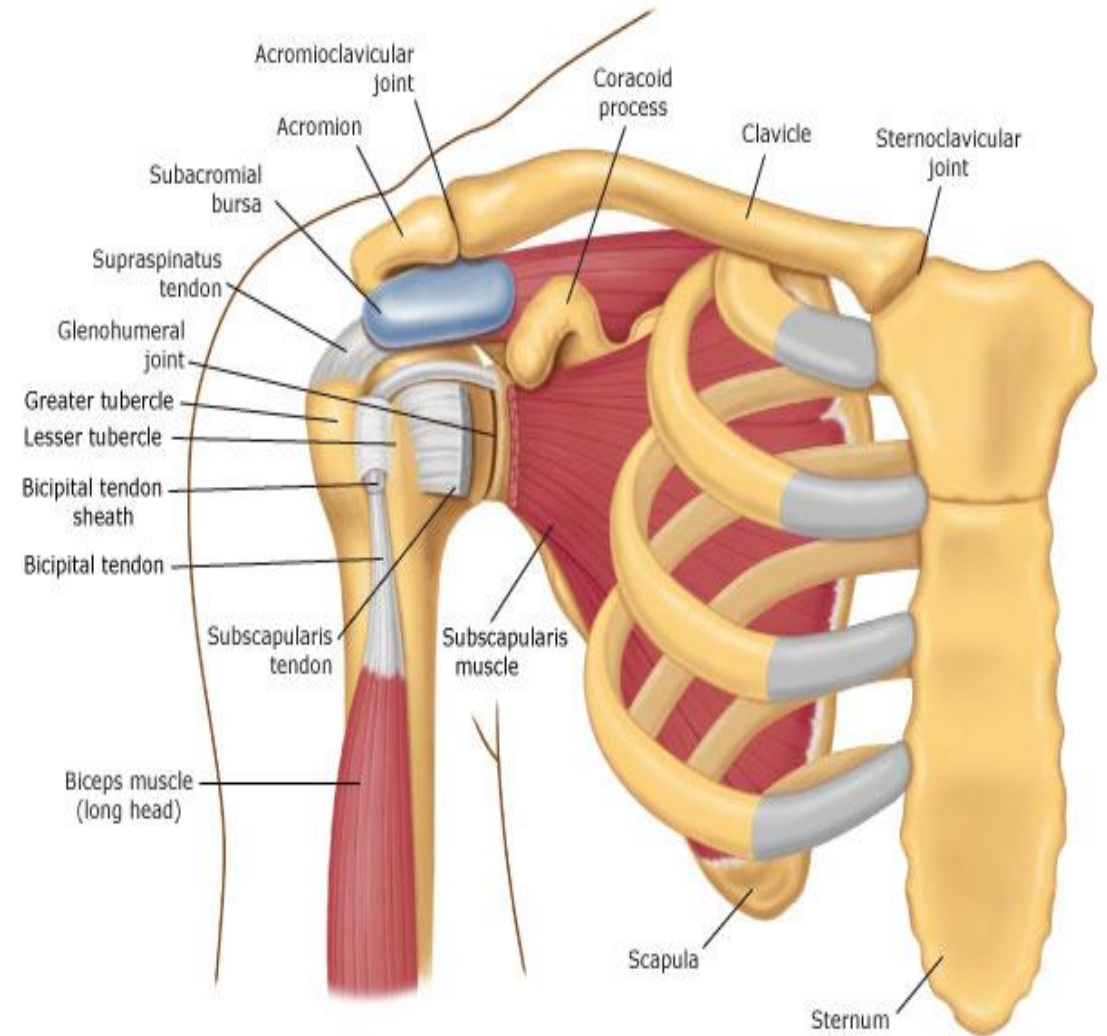
Keep things
simple and
structured – five
golden rules



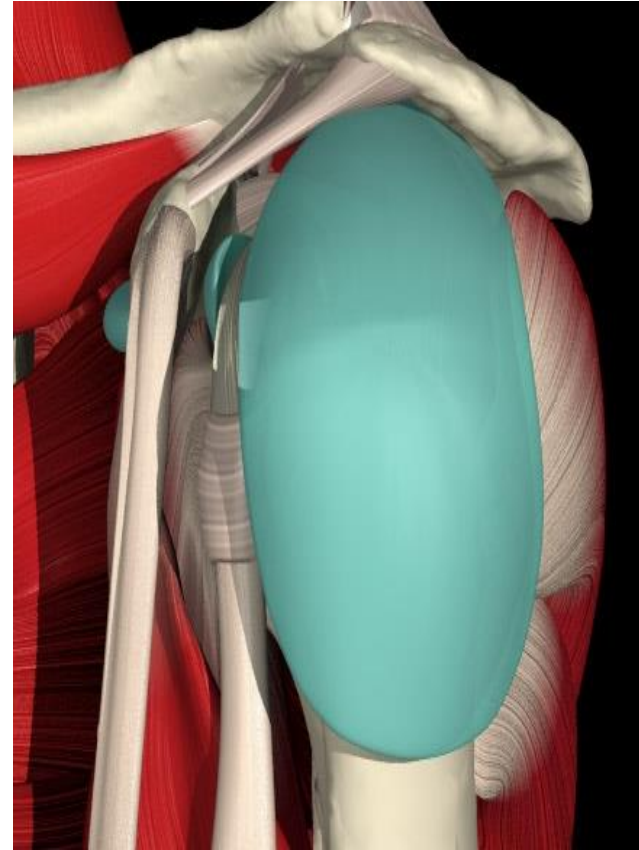
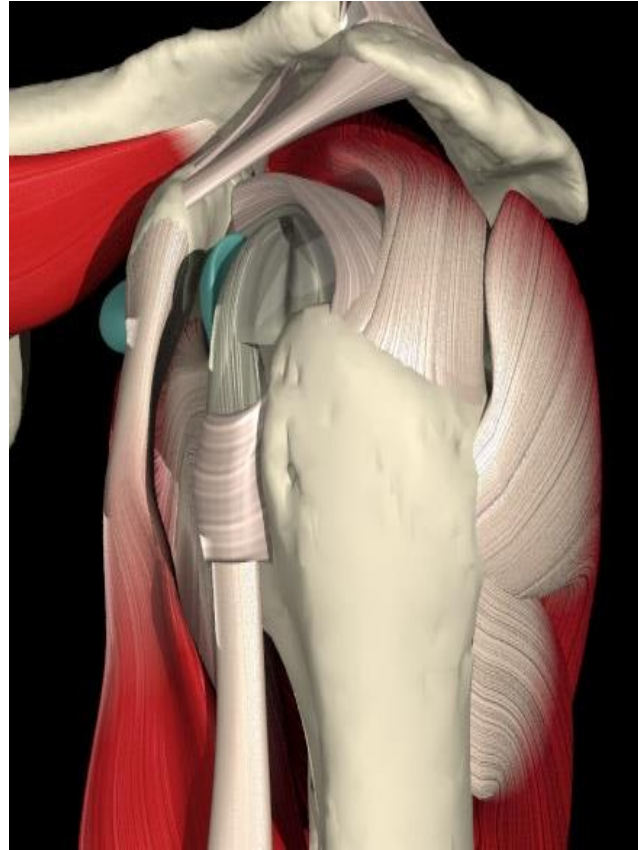
How many
'special tests' are
described for the
shoulder?

Shoulder examination

- Introduction and anatomy
- Where's the pain coming from?
- Examination demonstration and practice



The sub-acromial space and bursa



Question: What could this be?

- A. Is it red flag pain?
- B. Is it traumatic?
- C. Is this rotator cuff pain?
- D. Is this glenohumeral pain?
- E. Is this pain from outside of the shoulder?

Matrix for examination of the shoulder and neck

Clear the neck

- Look
- Feel
- Move
- 'Foraminal closure test'

Look

- Scars
- Wasting
- Asymmetry
- Winging

Feel

- Tender points
- ACJ

Move

- Active ER
- Active IR
- FF in neutral then in IR (painful arc)
- ABD (painful arc)

Test

- Empty can test

Exercises



Pendulum exercise

Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion. Repeat about 5 times. Try this 2–3 times a day.



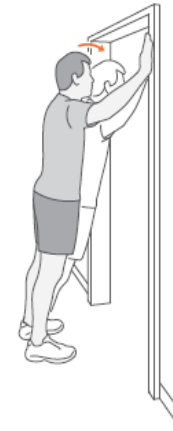
Shoulder stretch

Stand and raise your shoulders. Hold for 5 seconds. Squeeze your shoulder blades back and together and hold for 5 seconds. Pull your shoulder blades downward and hold for 5 seconds. Relax and repeat 10 times.



Door press

- Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.
- Use your other arm and, still with your elbow at a right angle, push your palm towards the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.



Door lean

Stand in a doorway with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold for 15–30 seconds. Repeat 3 times. This exercise isn't suitable if you have a shoulder impingement.

Core skills Workshops

Remaining workshop dates for 2019:

Wednesday 23 October – **Leeds**

Tuesday 26 November – **London**

Tuesday 10 December – **Glasgow**

To book your place visit: www.coreskillsinmsk.co.uk

For local workshops in your areas please contact

Versus Arthritis on stand **K92**

For *free* educational resources join the Versus Arthritis professional network:

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Thank you...

Questions?

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