

SAMPLE ASSESSMENT PLAN 6: SHOULDER.

Symptoms = Shoulder. Primary problem = ?

| GENERAL | REGIONAL/LOCAL | EXTRA TESTS |
|---|--|--|
| <p>STANDING</p> <p><i>Observation:</i> 4 positions of <i>Palpation:</i> Posture <i>Active Movement:</i> (Goal: to I-D Iry Area of A.R.T.)</p> <p>Gait & Trunk flexion, extension, side bending, rotation, hip drop, cervical (F/E, S/B, Rot)</p> <p>UEx abduction (for whole extremity) and Apley's scratch (Combined abduction with external rotation & adduction with internal rotation) - to check relation of UEX with whole</p> <p>LEX Squat if needed</p> | <p><i>Observation/Palpation:</i> (Goal: regional impression for key structures/tissues)</p> <p><i>Active Movement:</i> shoulder Abduction, Adduction, flexion, extension, internal & external rotation.</p> <p>Shrug Shoulders (up-down, forward-back): A-C, S-C</p> <p>Horizontal Arm movements: (Flex/Add, Ext/Abd)</p> | <p>Insert as required & also depends on Iry Area of ART (e.g. Gillets/stork test for SIJ, etc)</p> |
| <p>SITTING</p> <p><i>Observation:</i> for <i>Palpation:</i> Similarities & <i>Movement:</i> Differences</p> <p>Active: Trunk flexion, extension, side bending, rotation.</p> <p>We can, if we wish, repeat neck or other movements to observe for improvement or worsening - this gives a clue to primary & secondary dysfunctions</p> | <p><i>Observation:</i> <i>Palpation:</i> <i>Passive Movements:</i> "As active" plus accessory movements: G-H joint (A-P glide, medial-lateral glide, compression & distraction) A-C & S-C joint. Especially check Scapulo-humeral Rhythm (2: 1 humeral to scapular movement - palpate during movement) I-D BONY/SOFT TISSUE LANDMARKS (S-C, clav, coricoid, A-C, Gtr/lstr tub, bicep groove scap borders, spine and angles, Ribs, Cx/Tx's, Rot cuff tend/mm, Pec, Teres, Lats, Traps, Rh, SCM, scalene, Delt, Bic/triceps, ser ant, C/TES, etc).</p> | <p>Examples:</p> <ul style="list-style-type: none"> • Active Resistant Movements (as "active") • Impingement tests • Empty can test • Speeds & Yergason's tests • Glenoid labrum tests • Neurological tests • Apprehension test • Instability (load & shift) • U.L.T.T • Thoracic outlet tests |
| <p>LYING</p> <p>Prone & Supine: (Observe/Palpate for similarities/Differences)</p> <hr/> <p>Also for Iry Area (or areas) of ART uncovered from gen screen - need to perform regional (e.g. for Lumbo-pelvic region)</p> <p>a) Bony/Soft tissue Landmarks (e.g. ASIS, PSIS, Iliac crest, Isch tub, Sac apex and base, T.P's & S.P's Lx, LES, Q.L, Glutes, Psoas, Piriformis, TFL, etc)</p> <p>b) Passive & Accessory Movements (e.g. Lx F/E, S/B, Rot, A-P, Med-Lat & Sup-inf Glide + SIJ)</p> | <p>Observe, Palpate, Movements (as necessary - can do sitting and/or lying)</p> | <p>Insert other tests as necessary</p> |