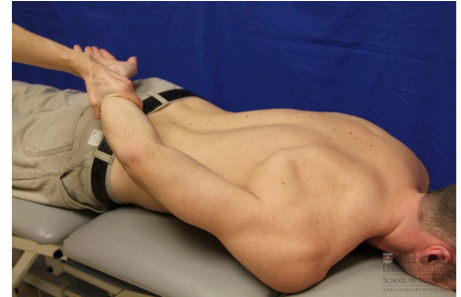


MUSCLE TESTING

LATISSIMUS DORSI

Patient in prone position
Adduction of the arm with extension
and in medial rotation against resistance



PECTORALIS MAJOR

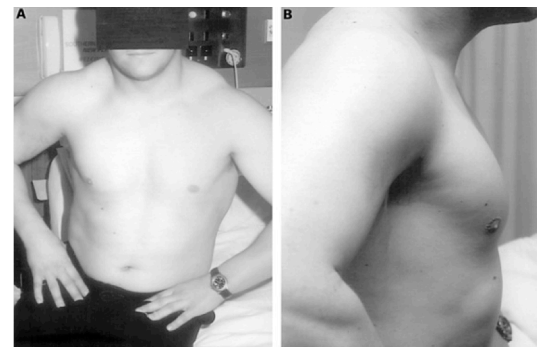
Upper fibres

Supine; examiner stabilises opposite shoulder

Lower fibres

Supine and hand towards the opposite pelvis to
Stabilize

Examiner gives resistance in opposite direction

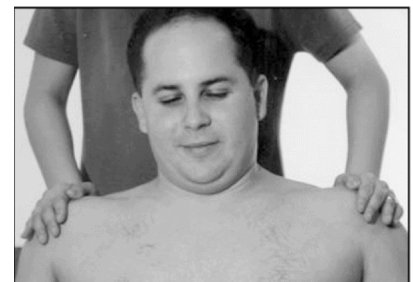


Also: can be examined as shown in the figure with hands against the
pelvis and feel anterior axillary fold

TRAPEZIUS

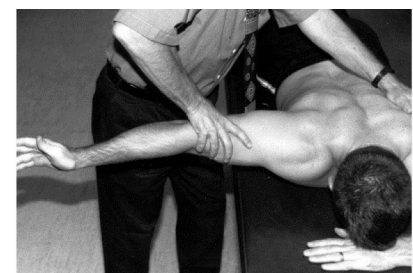
Ask the patient to shrug the shoulder with neck in
slight extension.

Pressure against the shoulder in the direction
of depression.



RHOMBOIDS AND LEVATOR SCAPULAE

The arm is placed with the elbow flexed,
the humerus adducted and extended in slight
lateral rotation. Watch for the muscle prominence
along the medial border of the scapula



Serratus Anterior

Patient faces the wall, elbow straight at shoulder level,

And now he pushes hard against the wall; watch the winging [prominent medial scapula]

Alternative method as shown with axial resistance against flexed elbow.



DELTOID

3 portions

Anterior fibres	Flexes the shoulder
Middle fibres	Abducts the shoulder
Posterior fibres	Extends the shoulder

With elbow flexed to 90°, patient abducts or flexes or extends against examiner's resistance. Examiner with other hand feels contraction in the muscle

TOS [Thoracic outlet syndrome]

Adson's test

Compression of the neurovascular structures as they exit the thorax above the first rib.

Adson's test is the most well known test. The arm of the standing patient is abducted 30° at the shoulder and maximally extended.



The examiner now palpate radial artery. The patient is then asked to turn the head toward the side of shoulder to be examined. The patient is then asked to take a deep breath and hold it. Diminution of the pulse in the test position suggests the possibility of TOS.

ROOS TEST

The patient is asked to abduct the affected shoulder 90° while flexing the elbow 90° as well.

The patient is then asked to open and close the hand 15 times.

The patient is encouraged to describe any sensation felt during this process.

Numbness, weakness means test is positive.



CERVICAL SPINE

Check cervical spine movements in all shoulder cases

CHECK DISTAL NEUROVASCULAR SYSTEM

COMMON EXAM CASES

Massive rotator cuff tear

Impingement syndrome

Frozen shoulder

Milwaukee Shoulder

Chronic Posterior or anterior dislocation of the elbow

Osteoarthritis shoulder

Operated shoulder: Painful TSR

Deltoid dehiscence

Axillary Nerve palsy

Erb's Palsy

Adult Brachial plexus injury

Painful Acromio-clavicular joint