

EXAMINATION OF SHOULDER JOINT

HISTORY	INSPECTION (sitting position)		PALPATION	MOVEMENTS	MEASUREMENTS	TESTS	OTHER EXAM.
<ul style="list-style-type: none">• Pain• Swelling• Deformity• Loss of contour• Restrictions & Loss of Movements	<ul style="list-style-type: none">• Attitude• Wasting of supra- & infraspinatus muscles• Wasting of deltoid & rotator cuff muscles		<ul style="list-style-type: none">• Local temperature• Tenderness<ul style="list-style-type: none">◦ Below acromion◦ Below acromion and arm◦ Along coracoid process◦ Posteriorly◦ All around joint• Swelling	<ul style="list-style-type: none">• Flexion (180°)• Extension (45°)• Abduction (180°)• Adduction• Int rotation (90°)• Ext rotation (50-90°)		<ul style="list-style-type: none">• Apprehension test• Bryant's sign• Callaway's test• Duga's test• Hamilton's test• Painful arc test	<ul style="list-style-type: none">• Cervical spine• Acromioclavicular & sternoclavicular joints• Neurovascular examination of UL• Systemic (Tb, RA etc.)
	From Front	<ul style="list-style-type: none">• Prominence of<ul style="list-style-type: none">◦ Sternoclavicular joint◦ Deformity of clavicle◦ Acromioclavicular joint◦ Wasting of deltoid muscle					
	From Behind	<ul style="list-style-type: none">• Position of scapula• Supra- & infraspinatus wasting					
	From Above	<ul style="list-style-type: none">• Asymmetry of supraclavicular fossae					
	From Sides	<ul style="list-style-type: none">• Swelling• Flattening/Rounded fullness of joints					

EXAMINATION OF ELBOW JOINT

HISTORY	INSPECTION (standing position)	PALPATION (sitting/supine)	MOVEMENTS	MEASUREMENTS	TESTS	OTHER EXAM.
<ul style="list-style-type: none"> • Pain • Trauma • Softness • Loss of Movements • Deformity 	<ul style="list-style-type: none"> • Attitude • Carrying angle (M:10°, F:15-20°) • Anterior, posterior, medial & lateral surface: <ul style="list-style-type: none"> ◦ Deformity ◦ Swelling ◦ Soft tissue & skin ◦ Muscle wasting of forearm & arm muscles 	<ul style="list-style-type: none"> • Local temperature • Tenderness over: <ul style="list-style-type: none"> ◦ Lateral epicondyle ◦ Medial epicondyle ◦ Olecranon process ◦ Cubital fossae ◦ Radial head • Bony landmarks: <ul style="list-style-type: none"> ◦ Lateral epicondyle ◦ Medial epicondyle ◦ Olecranon process • Swelling • Bony thickening: <ul style="list-style-type: none"> ◦ Lower end of humerus ◦ Upper end of radius & ulnar • Lymph nodes: <ul style="list-style-type: none"> ◦ Supratrochlear ◦ Axillary 	<ul style="list-style-type: none"> • Flexion (0-140°) • Extension (5°) • Supination (75-80°) • Pronation (85°) 	<ul style="list-style-type: none"> • Arm length (from angle of acromion to lateral epicondyle) • Forearm length (lateral epicondyle to radial styloid process) • Estimate deformity & muscle wasting 	<ul style="list-style-type: none"> • Cozen's test (for lateral epicondylitis @ tennis elbow) • Reverse Cozen's test (for Golfer's elbow) 	<ul style="list-style-type: none"> • Shoulder joint, neck & wrist joint • Systemic (Tb, RA etc.)

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