

EXAMINATION OF SHOULDER JOINT

HISTORY	INSPECTION (sitting position)		PALPATION	MOVEMENTS	MEASUREMENTS	TESTS	OTHER EXAM.
• Pain • Swelling • Deformity • Loss of contour • Restrictions & Loss of Movements	• Attitude • Wasting of supra- & infraspinatus muscles • Wasting of deltoid & rotator cuff muscles		• Local temperature • Tenderness ◦ Below acromion ◦ Below acromion and arm ◦ Along coracoid process ◦ Posteriorly ◦ All around joint • Swelling	• Flexion (180°) • Extension (45°) • Abduction (180°) • Adduction • Int rotation (90°) • Ext rotation (50-90°)		• Apprehension test • Bryant's sign • Callaway's test • Duga's test • Hamilton's test • Painful arc test	• Cervical spine • Acromioclavicular & sternoclavicular joints • Neurovascular examination of UL • Systemic (Tb, RA etc.)
	From Front	• Prominence of ◦ Sternoclavicular joint ◦ Deformity of clavicle ◦ Acromioclavicular joint ◦ Wasting of deltoid muscle					
	From Behind	• Position of scapula • Supra- & infraspinatus wasting					
	From Above	• Asymmetry of supraclavicular fossae					
	From Sides	• Swelling • Flattening/Rounded fullness of joints					

EXAMINATION OF ELBOW JOINT

HISTORY	INSPECTION (standing position)	PALPATION (sitting/supine)	MOVEMENTS	MEASUREMENTS	TESTS	OTHER EXAM.
• Pain • Trauma • Softness • Loss of Movements • Deformity	• Attitude • Carrying angle (M:10°, F:15-20°) • Anterior, posterior, medial & lateral surface: ◦ Deformity ◦ Swelling ◦ Soft tissue & skin ◦ Muscle wasting of forearm & arm muscles	• Local temperature • Tenderness over: ◦ Lateral epicondyle ◦ Medial epicondyle ◦ Olecranon process ◦ Cubital fossae ◦ Radial head • Bony landmarks: ◦ Lateral epicondyle ◦ Medial epicondyle ◦ Olecranon process • Swelling • Bony thickening: ◦ Lower end of humerus ◦ Upper end of radius & ulnar • Lymph nodes: ◦ Supratrochlear ◦ Axillary	• Flexion (0-140°) • Extension (5°) • Supination (75-80°) • Pronation (85°)	• Arm length (from angle of acromion to lateral epicondyle) • Forearm length (lateral epicondyle to radial styloid process) • Estimate deformity & muscle wasting	• Cozen's test (for lateral epicondylitis @ tennis elbow) • Reverse Cozen's test (for Golfer's elbow)	• Shoulder joint, neck & wrist joint • Systemic (Tb, RA etc.)

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Table of Contents Joint Examination Time Table For 2015 2016

1. Understanding the eBook Joint Examination Time Table For 2015 2016
 - The Rise of Digital Reading Joint Examination Time Table For 2015 2016
 - Advantages of eBooks Over Traditional Books
2. Identifying Joint Examination Time Table For 2015 2016
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Joint Examination Time Table For 2015 2016
 - User-Friendly Interface
4. Exploring eBook Recommendations from Joint Examination Time Table For 2015 2016
 - Personalized Recommendations
 - Joint Examination Time Table For 2015 2016 User Reviews and Ratings
 - Joint Examination Time Table For 2015 2016 and Bestseller Lists
5. Accessing Joint Examination Time Table For 2015 2016 Free and Paid eBooks
 - Joint Examination Time Table For 2015 2016 Public Domain eBooks
 - Joint Examination Time Table For 2015 2016 eBook Subscription Services

- Joint Examination Time Table For 2015 2016 Budget-Friendly Options
- 6. Navigating Joint Examination Time Table For 2015 2016 eBook Formats
 - ePub, PDF, MOBI, and More
 - Joint Examination Time Table For 2015 2016 Compatibility with Devices
 - Joint Examination Time Table For 2015 2016 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Joint Examination Time Table For 2015 2016
 - Highlighting and Note-Taking Joint Examination Time Table For 2015 2016
 - Interactive Elements Joint Examination Time Table For 2015 2016
- 8. Staying Engaged with Joint Examination Time Table For 2015 2016
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Joint Examination Time Table For 2015 2016
- 9. Balancing eBooks and Physical Books Joint Examination Time Table For 2015 2016
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Joint Examination Time Table For 2015 2016
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Joint Examination Time Table For 2015 2016
 - Setting Reading Goals Joint Examination Time Table For 2015 2016
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Joint Examination Time Table For 2015 2016
 - Fact-Checking eBook Content of Joint Examination Time Table For 2015 2016
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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