

Evaluation of the Shoulder Complex

Course Description:

Clients are often referred to Physical Therapy for shoulder disorders. Normal function of the shoulder complex requires the coordinated movements of the sternoclavicular (SC), acromioclavicular (AC), and glenohumeral (GH) joints. It also requires coordination of movement at the scapulothoracic articulation and the motion between the rotator cuff and the overlying coracoacromial arch. Because the shoulder is a complex joint, accurate evaluation is critical to ensure that appropriate and safe treatment protocols are implemented. This course offers therapists physician insight into a comprehensive evaluation process, including specific tests with helpful photos. It concludes with a discussion of general shoulder rehabilitation goals specific to motion and muscle strengthening.

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Course content is 34 pages and is loaded with helpful illustrations and photos.

Course Objectives:

Course Participants will be able to:

- A. Describe general principles of shoulder rehabilitation
- B. Describe inclusions of a general intake evaluation
- C. Understand the importance of history-taking in evaluating shoulder pain
- D. Describe the evaluation of the shoulder complex, including
 1. Inspection of the shoulder
 2. Shoulder palpation
 3. ROM testing of the glenohumeral and scapulothoracic joints
 4. Neurologic testing
 5. Biceps testing
 6. Ligamentous laxity testing
 7. Rotator cuff testing
 8. Impingement tests
 9. Anterior stability testing
 10. Posterior stability and labial testing
 11. AC joint testing

E. Describe general shoulder rehabilitation goals, including

1. Motion
2. Muscles

CEU Approvals:

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.