

OSCE Checklist: Examination of the Shoulder Joint

Introduction	
Introduce yourself	
Wash hands	
Briefly explain to the patient what the examination involves	
Ask the patient to expose their shoulders fully	
Inspection	
Look anterior, lateral, and posterior <ul style="list-style-type: none"> - Asymmetry or deformity - Scars or skin changes - Muscle bulk 	
Palpate	
Temperature	
Bone and joint palpation for: <ul style="list-style-type: none"> - Sternoclavicular joint - Clavicle - Acromioclavicular joint - Acromion - Coracoid Process - Scapular Border - Spine of the Scapula - Glenohumeral Joint - Humeral Head 	
Movement	
Active movements <ul style="list-style-type: none"> - Flexion and extension - Abduction and adduction - Medial/internal and lateral/external rotation 	
Rotator cuff muscle tests <ul style="list-style-type: none"> - 'Empty Can Test' - 'Lift Off Test' - Infraspinatus Test - Teres minor Test 	
Special Tests	
Painful Arc Test	
Scarf Test	

The Hawkins-Kennedy test	
Winging of scapula	
Completing the examination	
Thank the patient	
To complete the examination: <ul style="list-style-type: none">- Examine the elbow joint and cervical spine- Examine the contralateral shoulder- Review any relevant imaging available	