## 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
  - Asymmetry or deformity
  - Scars or skin changes
  - Muscle bulk

### Palpate
- Temperature
- Bone and joint palpation for:
  - Sternoclavicular joint
  - Clavicle
  - Acromioclavicular joint
  - Acromion
  - Coracoid Process
  - Scapular Border
  - Spine of the Scapula
  - Glenohumeral Joint
  - Humeral Head

### Movement
- Active movements
  - Flexion and extension
  - Abduction and adduction
  - Medial/internal and lateral/external rotation
- Rotator cuff muscle tests
  - ‘Empty Can Test’
  - ‘Lift Off Test’
  - Infraspinatus Test
  - Teres minor Test

### Special Tests
- Painful Arc Test
- Scarf Test
<table>
<thead>
<tr>
<th>The Hawkins-Kennedy test</th>
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<tr>
<td>Winging of scapula</td>
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**Completing the examination**

Thank the patient

To complete the examination:
- Examine the elbow joint and cervical spine
- Examine the contralateral shoulder
- Review any relevant imaging available