

## Diagnosis of Musculoskeletal Shoulder Pain

### Subacromial Pain Syndrome

Test	Rule IN	Rule OUT	Good for neither	Unknown
Painful Arc				
Hawkin's Test				
Neer's Test				
Resisted ER @ 0°				
Empty Can				
Full Can				
Drop Arm				
Speed's Test				
<u>Combo:</u> ER strength at 0° (pain or weak), Hawkins, painful arc	3 tests +: +LR = 10.56	3 tests -: -LR = 0.17		
<u>Combo:</u> ER strength at 0° (pain or weak), Hawkins, painful arc, Neer, Empty Can (Jobe)	3 or more tests +: +LR = 2.93	3 tests -: -LR = 0.34		
Posterior Impingement Test – post-superior impingement				

### Full- Thickness Rotator Cuff Tear

Test	Rule IN	Rule OUT	Good for neither	Unknown
Age: > 60 – 65 years				
Night Pain				
Painful arc				
Resisted ER @ 0°				
ER lag test – supra and infra				
IR Lag test - subscap				
Lift off - subscap				
Drop Arm				
Atrophy of infraspinatus (chronic)				
Bell off - subscap				
Empty Can				
Full Can				
<u>Combo:</u> Age $\geq$ 65yo, ER resisted (weak), night pain	3 tests +: +LR = 9.8			
<u>Combo:</u> Drop arm, painful arc, ER- resisted (weak)	3 tests +: +LR = 15.57	3 tests -: -LR = 0.16		

Breakout Session: Differential Diagnosis and Special Tests for Shoulder Pain

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**Glenohumeral Instability**

Test	Rule IN	Rule OUT	Good for neither	Unknown
Anterior Apprehension				
(Anterior) Relocation				
(Anterior) Surprise/ Anterior Release				
<u>Combo:</u> Apprehension, Relocation				
Posterior instability: load and shift				
Posterior instability: posterior apprehension				
Inferior/ MDI: Sulcus				

**SLAP and Labral tears**

Test	Rule IN	Rule OUT	Good for neither	Unknown
<b>SLAP</b>				
Bicipital tenderness				
Anterior Slide				
Yeargason's test				
Compression- rotation				
Pain Provocation				
Anterior Apprehension				
Biceps Load II				
O'Brien's / Active Compression				
Combinations				
<b>Labral</b>				
Crank				

**Adhesive Capsulitis**

Test	Rule IN	Rule OUT	Good for neither	Unknown
Passive ROM loss:				
2 or more planes > 25%				
ER > 50% loss				