

## 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 ≥ 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

Lori Michener, PT, ATC, PhD

Annual Orthopaedic Section Meeting, San Diego, CA; April 22, 2017

**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				?