### OSCE Checklist: Shoulder Examination

#### Introduction
1. Introduce yourself to the patient including your name and role
2. Confirm the patient’s name and date of birth
3. Briefly explain what the examination will involve using patient-friendly language
4. Gain consent to proceed with the examination
5. Wash your hands
6. Adequately expose the upper limbs
7. Position the patient standing for initial inspection of the upper limbs
8. Ask if the patient has any pain before proceeding

#### Look
9. Perform a brief general inspection of the patient, looking for clinical signs suggestive of underlying pathology
10. Inspect both upper limbs with the patient standing (anterior/lateral/posterior)
11. Ask the patient to push against a wall and inspect for evidence of scapular winging

#### Feel
12. Assess and compare shoulder joint temperature
13. Palpate the various components of the shoulder girdle

#### Move
14. Assess compound movements to screen for shoulder joint pathology
15. Assess active shoulder flexion
16. Assess active shoulder extension
17. Assess active shoulder abduction
18. Assess active shoulder adduction
19. Assess active external rotation of the shoulder joint
20. Assess active internal rotation of the shoulder joint
21. Assess scapular movement
22. Repeat all of the above assessments passively

#### Special tests
23. Supraspinatus assessment (empty can test/Jobe’s test)
24. Painful arc assessment (supraspinatus impingement)
25. External rotation against resistance (infraspinatus and teres minor)
| 26 | External rotation in abduction (teres minor) |
| 27 | Internal rotation against resistance (Gerber’s lift-off test) |
| 28 | Scarf test |

**To complete the examination...**

| 29 | Explain to the patient that the examination is now finished |
| 30 | Thank the patient for their time |
| 31 | Wash your hands |
| 32 | Summarise your findings |
| 33 | Suggest further assessments and investigations (e.g. neurovascular examination of both upper limbs, examination of the joint above and below and further imaging) |

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