



# OSCE Checklist: Shoulder Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
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)	

<b>27</b>	Internal rotation against resistance (Gerber's lift-off test)	
<b>28</b>	Scarf test	
<b>To complete the examination...</b>		
<b>29</b>	Explain to the patient that the examination is now finished	
<b>30</b>	Thank the patient for their time	
<b>31</b>	Dispose of PPE appropriately and wash your hands	
<b>32</b>	Summarise your findings	
<b>33</b>	Suggest further assessments and investigations (e.g. neurovascular examination of both upper limbs, examination of the joint above and below and further imaging)	

Read the full guide at  
[geekymedics.com](https://www.geekymedics.com)



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