



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™  
EL PASO

# FACULTY

# DEVELOPMENT XVII

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FC



# MUSCULOSKELETAL EXAMINATION SKILLS





# OBJECTIVES

- Know **how** to perform essential exam maneuvers needed to effectively diagnose shoulder and knee pathology
- **Identify** a positive finding with specialized physical exam techniques
- **Understand** the associated pathology with each specialized test





# HISTORY

- What happened
- When
- How
- Type of pain
- Exacerbating or relieving factors
- Acute or chronic history
- Medications
- Past medical history
- Surgeries
- what were you doing at the time of the injury



# PHYSICAL EXAM

- **Inspect**
  - Deformities
  - Swelling
  - Bruising
  - Position of comfort
- **Evaluate range of motion**
  - Active (flexion, extension, abduction, adduction, internal rotation, external rotation)
  - Passive
- **Palpate**
  - Deformities
  - Swelling
  - Step-off
  - pain
- **Sensation, strength, and pulse**
- **Specialized tests**

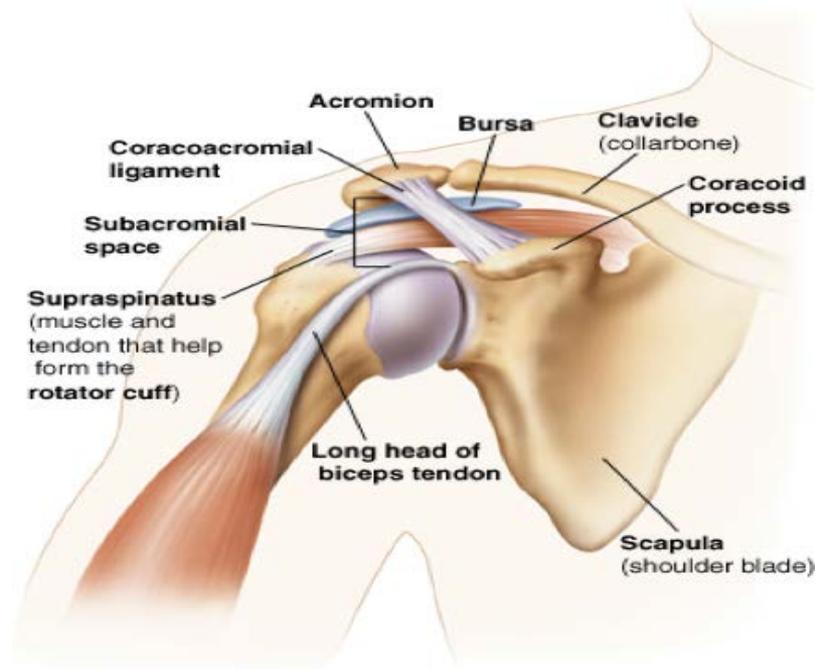




# SPECIALIZED TESTS

## Shoulder

- Hawkins
- Neers
- Jobes (Empty can test)
- O'Briens
- Apprehension and relocation
- Hornblower's test
- Speeds
- Yergason's
- Gerber lift off test
- Horizontal adduction test
- Sulcus sign
- Jerk test

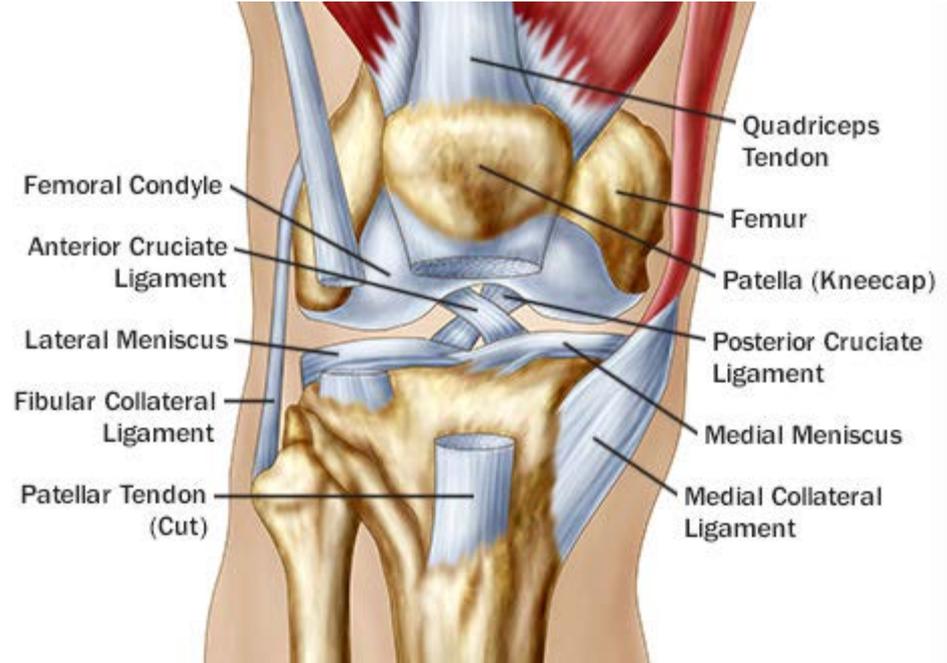




# SPECIALIZED TESTS

## Knee

- Patellar tracking
- Patellar apprehension test
- Patellar grind test (Clark's sign)
- McMurray
- Valgus stress
- Varus stress
- Lachmann's
- Pivot shift
- Anterior drawer
- Posterior drawer
- Noble
- Ober's
- External rotation recurvatum test
- Dial test





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# PRACTICE MAKES PERFECT

