

Date of Exam: _____

Patient Name: _____

Age: _____ Gender: Male FemaleSide of Injury: Left Right

Date of Injury: _____

Key Symptoms:

- Shoulder pain
- Sleep interrupted by shoulder pain
- Neck pain
- Pain with arm elevation
- Difficulties with arm elevation
- Difficulties with reaching to back
- Weakness with lifting arm

Red Flags

- History of acute trauma
- Loss of elevation

Exam Keys:*Motion:*

- Abduction restriction (nl is 150–170): ___/___
- Internal rotation to back (IRB) restriction (nl is T10–T7): ___/___

Impingement Signs:

- Neer sign (pain with forward flexion)
- Painful arc (pain with abduction, usually 80–120 range): ___/___

Rotator Cuff Strength:

- Jobe Supraspinatus test (JST)(nl is 5/5) : ___/___

Common Diagnosis:

- Right shoulder
- Left shoulder

ICD10: Right Left

- | | | |
|---|---------|---------|
| <input type="checkbox"/> Bursitis/Strain | S46.01 | S46.02 |
| <input type="checkbox"/> Impingement | M75.51 | M75.52 |
| <input type="checkbox"/> Rotator cuff tear | M75.121 | M75.122 |
| <input type="checkbox"/> Frozen shoulder | M75.01 | M75.02 |
| <input type="checkbox"/> Cervical strain | S16.1X | S16.1X |
| <input type="checkbox"/> AC Joint arthritis | M24.811 | M24.812 |
| <input type="checkbox"/> GH Joint arthritis | M19.011 | M19.012 |

Trauma Related

- | | | |
|--|---------|---------|
| <input type="checkbox"/> Dislocation | S43.004 | S43.005 |
| <input type="checkbox"/> Shoulder separation | M23.411 | M24.412 |
| <input type="checkbox"/> Clavicle fracture | S42.001 | S42.002 |
| <input type="checkbox"/> Proximal humerus fracture | S42.201 | S42.202 |

Mechanism of Injury:

- Fall Lifting Pulling
- Reaching over head
- Working on computer
- Driving Other: _____

Work Related: Yes No

Type of Work: _____

Length of time on job: _____

CC: _____

HPI: _____

Notes: _____

Sports/Hobbies: _____

Prior Treatments for injury: No Yes, _____**Text****First Line Treatments:**

- NSAIDS (10–14 days)
- Ice
- Physical therapy

Second Line Treatments:

- Anti-inflammatory injection
- X-ray
- MRI
- Shoulder consultation

Red Flag Evaluation:

- X-ray (AP, Y, Axillary)
- MRI (wo contrast or arthrogram)
- Shoulder consult

Reference:**Age 19–29**

Fractures
Dislocations
Instability
SLAP Injuries
AC Separations

Age 30–44

Impingement
Partial Thickness
Rotator Cuff Tears
AC Joint Arthritis
Fractures
Instability

Age 45–59

Rotator Cuff Tears
Impingement
Frozen Shoulder
AC Joint Arthritis
Fractures
GH Arthritis

Age 60 +

Rotator Cuff Tears
Fractures
GH Arthritis



Abduction



IRB



Neer Impinge



JST

Notes/Impression: _____