STUDENT ATHLETIC TRAINER
SHOULDER EVALUATION

DIRECTIONS: Using the HOPS evaluation format, please fill out the following information. Please use your notes and the textbook to complete the information.

- HISTORY- please write all the relevant questions that you would ask an injured athlete to try to determine what is wrong with them. . . .

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- OBSERVATION- please write what are some signs and symptoms you are looking for in this part of the evaluation. Be very specific!!

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- PALPATION- be very specific here. Please write what you are palpating at the shoulder joint. REMEMBER TO PALPATE BILATERALLY AND ABOVE AND BELOW THE INJURED AREA!!
BONY ANATOMY-_____

What bony landmarks are easy to palpate at the shoulder? These landmarks also provide good reference points for muscular attachment.

_____

SOFT TISSUE (LIGAMENTS)-list ligaments below. Describe where they are located in the shoulder joint.

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SOFT TISSUE (MUSCLES)-list the muscles of the shoulder that are easy to palpate and very superficial based on their orientation. Describe where these muscles are located.

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SOFT TISSUE (CARTILAGE)- What is the cartilage at the shoulder called? Describe where the cartilage at the shoulder is located.

_____

What is the purpose of the palpation section? What does palpation tell you about the injury?

_____

SPECIAL TESTS- describe each special test and if possible include what structure the test is testing.
ACTIVE/PASSIVE RANGE OF MOTION-listed below are the main motions that occur at the shoulder joint. What muscles cause the motion to occur?
ABDUCTION- _____
ADDUCTION-_____
FLEXION- _____
EXTENSION-_____
INTERNAL ROTATION- _____
EXTERNAL ROTATION- _____
HORIZONTAL ADDUCTION-_____
SCAPULAR ELEVATION- _____
SCAPULAR DEPRESSION -_____
SCAPULAR RETRACTION- _____
SCAPULAR PROTRACTION- _____
SCAPULAR ROTATION- _____
ASSISTS WITH BREATHING- _____
If AROM is painful, normally, what structure(s) are involved? _____
If PROM is painful, normally, what structure(s) are involved?_____
SPECIAL TESTS-what are the special tests we learned in this unit that test the following anatomical structures.
Glenohumeral Joint- _____
Supraspinatus-_____
Acromioclavicular Joint-_____