

The Shoulder and Upper Arm- Review Questions

Completion:

1. The _____ is the point where the clavicle articulates with the scapula.
2. Palpate the area _____ and _____ the injury first, working _____ the injury site.
3. The _____ glenohumeral dislocation occurs when the arm is _____ and _____ rotated.
4. The four bones that make up the shoulder/ upper arm complex are the _____, the _____, the _____, and the _____.
5. With a shoulder dislocation, you should always suspect a _____.
6. The four deep muscles that stabilize the head of the humerus into the glenoid fossa are referred to as the rotator cuff. The four muscles are: _____, _____, _____, and _____.

Short Answer:

1. Describe the basic first aid treatment for a fractured clavicle.
2. What is a common mechanism of an acromioclavicular (AC) sprain?

True/ False:

1. The shoulder/ upper arm complex is made up of three bones. _____
2. The glenohumeral joint in the shoulder is an unstable joint. _____
3. When evaluation of a shoulder is performed, you should use the HOPS format. _____
4. The scapula is held in place by the shoulder ligaments. _____
5. A rotator cuff special test is called the empty can test. _____

Multiple Choice:

1. What does an apprehension test investigate?
 - A Assesses a broken humerus
 - B Detects anterior shoulder subluxation or dislocation of the GH joint
 - C Detects for shoulder bursitis
 - D Detects a sternum contusion
2. Which of the following is not a shoulder joint?
 - A Glenohumeral
 - B Coracoclavicular
 - C Sternoclavicular
 - D Acromiohumeral

3. A condition in which a calcium deposit formation develops on the deltoid area of the humerus due to repeated contusions is called:
- A Chronic bursitis
 - B Blocker's exostosis
 - C Acute contusion syndrome
 - D Myositis ossificans
4. What are some common causes of shoulder muscle strains?
(1. Lack of muscular strength, 2. Overuse, 3. Improper technique, 4. Inadequate warm-up)
- A 1 and 2
 - B 1, 2, and 3
 - C 2, 3, and 4
 - D All of the above
5. In which direction is the glenohumeral joint most likely going to dislocate?
- A Anterior
 - B Posterior
 - C Inferior
 - D Superior
6. The attachment of the shoulder/ upper arm complex for the skeletal system is made at _____ joint.
- A Glenohumoral
 - B Acromioclavicular
 - C Sternoclavicular
 - D Coracoclavicular

Shoulder Scenarios:

1. An athlete falls and sustains a dislocated shoulder. How should the athlete be transported safely to the hospital?

2. A soccer player is tripped to the ground on a hard tackle and lands on the tip of her left shoulder. She complains of both pain in the tip of her shoulder and in her chest. She has difficulty in lifting her arm above her shoulder because of the pain. What injuries might result from this mechanism of injury?

3. You are an athletic trainer working for a sports medicine clinic and you are providing medical coverage for a local bicycle race. During the race there is a crash and one of the riders appears to be injured as she is sitting up but has her right hand covering her left clavicular region and is obviously in considerable pain. You evaluate the injury and note severe deformity of the clavicle along with swelling and discoloration and the rider reports she felt a snap when she crashed. What would you conclude and what is the appropriate first aid for this injury?

4. One of the pitchers on your high school baseball team has been complaining of post-game and practice shoulder pain for the past several days. Specifically his pain appears to be located over the scapular region and it is aggravated when you ask him to bring his arm back , as in the cocking phase of the overhand throw. On palpation you note that his pain is deep in, or perhaps under, the deltoid muscle. What would you conclude based on this information? What would you recommend to this athlete?