

## EXAMINATION OF SHOULDER JOINT

HISTORY	INSPECTION (sitting position)		PALPATION	MOVEMENTS	MEASUREMENTS	TESTS	OTHER EXAM.
<ul style="list-style-type: none"><li>• Pain</li><li>• Swelling</li><li>• Deformity</li><li>• Loss of contour</li><li>• Restrictions &amp; Loss of Movements</li></ul>	<ul style="list-style-type: none"><li>• Attitude</li><li>• Wasting of supra- &amp; infraspinatus muscles</li><li>• Wasting of deltoid &amp; rotator cuff muscles</li></ul>		<ul style="list-style-type: none"><li>• Local temperature</li><li>• Tenderness<ul style="list-style-type: none"><li>◦ Below acromion</li><li>◦ Below acromion and arm</li><li>◦ Along coracoid process</li><li>◦ Posteriorly</li><li>◦ All around joint</li></ul></li><li>• Swelling</li></ul>	<ul style="list-style-type: none"><li>• Flexion (180°)</li><li>• Extension (45°)</li><li>• Abduction (180°)</li><li>• Adduction</li><li>• Int rotation (90°)</li><li>• Ext rotation (50-90°)</li></ul>		<ul style="list-style-type: none"><li>• Apprehension test</li><li>• Bryant's sign</li><li>• Callaway's test</li><li>• Duga's test</li><li>• Hamilton's test</li><li>• Painful arc test</li></ul>	<ul style="list-style-type: none"><li>• Cervical spine</li><li>• Acromioclavicular &amp; sternoclavicular joints</li><li>• Neurovascular examination of UL</li><li>• Systemic (Tb, RA etc.)</li></ul>
	From Front	<ul style="list-style-type: none"><li>• Prominence of<ul style="list-style-type: none"><li>◦ Sternoclavicular joint</li><li>◦ Deformity of clavicle</li><li>◦ Acromioclavicular joint</li><li>◦ Wasting of deltoid muscle</li></ul></li></ul>					
	From Behind	<ul style="list-style-type: none"><li>• Position of scapula</li><li>• Supra- &amp; infraspinatus wasting</li></ul>					
	From Above	<ul style="list-style-type: none"><li>• Asymmetry of supraclavicular fossae</li></ul>					
	From Sides	<ul style="list-style-type: none"><li>• Swelling</li><li>• Flattening/Rounded fullness of joints</li></ul>					

## EXAMINATION OF ELBOW JOINT

HISTORY	INSPECTION (standing position)	PALPATION (sitting/supine)	MOVEMENTS	MEASUREMENTS	TESTS	OTHER EXAM.
<ul style="list-style-type: none"> <li>• Pain</li> <li>• Trauma</li> <li>• Softness</li> <li>• Loss of Movements</li> <li>• Deformity</li> </ul>	<ul style="list-style-type: none"> <li>• Attitude</li> <li>• Carrying angle (M:10°, F:15-20°)</li> <li>• Anterior, posterior, medial &amp; lateral surface:                             <ul style="list-style-type: none"> <li>◦ Deformity</li> <li>◦ Swelling</li> <li>◦ Soft tissue &amp; skin</li> <li>◦ Muscle wasting of forearm &amp; arm muscles</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Local temperature</li> <li>• Tenderness over:                             <ul style="list-style-type: none"> <li>◦ Lateral epicondyle</li> <li>◦ Medial epicondyle</li> <li>◦ Olecranon process</li> <li>◦ Cubital fossae</li> <li>◦ Radial head</li> </ul> </li> <li>• Bony landmarks:                             <ul style="list-style-type: none"> <li>◦ Lateral epicondyle</li> <li>◦ Medial epicondyle</li> <li>◦ Olecranon process</li> </ul> </li> <li>• Swelling</li> <li>• Bony thickening:                             <ul style="list-style-type: none"> <li>◦ Lower end of humerus</li> <li>◦ Upper end of radius &amp; ulnar</li> </ul> </li> <li>• Lymph nodes:                             <ul style="list-style-type: none"> <li>◦ Supratrochlear</li> <li>◦ Axillary</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Flexion (0-140°)</li> <li>• Extension (5°)</li> <li>• Supination (75-80°)</li> <li>• Pronation (85°)</li> </ul>	<ul style="list-style-type: none"> <li>• Arm length (from angle of acromion to lateral epicondyle)</li> <li>• Forearm length (lateral epicondyle to radial styloid process)</li> <li>• Estimate deformity &amp; muscle wasting</li> </ul>	<ul style="list-style-type: none"> <li>• Cozen's test (for lateral epicondylitis @ tennis elbow)</li> <li>• Reverse Cozen's test (for Golfer's elbow)</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder joint, neck &amp; wrist joint</li> <li>• Systemic (Tb, RA etc.)</li> </ul>

# 2015 Ss2 Joint Examination Time Table

**Clifford Lane**



**2015 Ss2 Joint Examination Time Table:**

## **2015 Ss2 Joint Examination Time Table** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**2015 Ss2 Joint Examination Time Table**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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