

# George J. Davies' Algorithm for Special Tests of the Shoulder Examination

2 OUT OF 10 PARTS

(2017)

## INSTABILITY TESTS

TEST CATEGORY (ALGORITHM)	CRITICAL PATHWAYS/ CLUSTERS OF SIGNS AND SYMPTOMS/ CLINICAL DECISION MAKING	POSITION	SPECIAL TESTS	SENSITIVITY/ SPECIFICITY	TISSUES IMPLICATED	CLINICAL REASONING FOR TREATMENT
MDI (L) @ 0°	All Patients	Sitting: GH-0°	Sulcus Sign (11 mm)	Sensitivity: .28-.72  Specificity: .86-.97	Superior Capsule SGHL ROT Interval	<u>Hypomobility</u> Stretching/TERT <u>Ther Ex</u>
						Hypermobility <u>Ther Ex</u> Bracing Surgical Stabilization
MDI (L) @ 90°	All Patients	Sitting: GH-90°	Sulcus Sign		Inferior Capsule IGHL	
ANTERIOR INSTABILITY	All Patients	Sitting: GH-0°	Anterior Load and Shift (8 mm)	Sensitivity: .50-.91  Specificity: .85-100.0	Anterior Capsule and Ligaments	
POSTERIOR INSTABILITY	All Patients	Sitting: GH-0°	Posterior Load and Shift (9 mm)	Sensitivity: .50-.91  Specificity: .85-100.0	Posterior Capsule	

**Positive Test Findings:** Pain, Hypomobility, Hypermobility, Apprehension, Grating/Crepitus

## ROTATOR CUFF IMPINGEMENT TESTS

TEST CATEGORY (ALGORITHM)	CRITICAL PATHWAYS/ CLUSTERS OF SIGNS AND SYMPTOMS/ CLINICAL DECISION MAKING	POSITION	SPECIAL TESTS	SENSITIVITY/ SPECIFICITY	TISSUES IMPLICATED	CLINICAL REASONING FOR TREATMENT
<b>RTC IMPINGEMENTS</b>	AGE: >40  Repetitive Overhead Activities  Overuse of Arm in Unaccustomed Activities	Sitting: F-180°	<u>Neer Test</u>	Sensitivity: .75-.89  Specificity: .09-.48	Supraspinatus LHB	Hypo-Primary RTC Impingement:  Hypo-mobility Stretching TERT Modalities <u>Ther Ex</u> Surgery- <u>Acromioplasty</u>
	Complains of Pain in Lateral Aspect of Shoulder  Complains of Night Pain	Sitting: Scaption to 90°	Hawkins-Kennedy Test	Sensitivity: .87-.92  Specificity: .25-.44	Supraspinatus	Hyper-Secondary RTC Impingement:  Modalities <u>Ther Ex</u> Surgical Stabilization- Capsular Shift
	Complains of Painful Arc Syndrome  Painful Arc During AROM	Sitting: F-90° IR	Coracoid Impingement		ANT. MED: LHB, <u>Subscap</u>  LAT: Supraspinatus	
	Compensatory Shoulder Shrug Sign	Sitting: 90°F Horizontal ADD	<u>Cross-Over QTest</u>	Sensitivity: .92  Specificity: .25	MED: LHB, <u>Subscap</u>  LAT: Supraspinatus  SUP: AC Joint  POST: <u>Inf/Teres</u> Minor or Post Capsule, INT IMP	

**Positive Test Findings:** Pain, Painful Arc, Grating/Crepitus, Weakness-Pain Inhibition