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MUSCULOSKELETAL EXAMINATION SKILLS
OBJECTIVES

• Know **how** to perform essential exam maneuvers needed to effectively diagnose shoulder and knee pathology
• **Identify** a positive finding with specialized physical exam techniques
• **Understand** the associated pathology with each specialized test
HISTORY

- What happened
- When
- How
- Type of pain
- Exacerbating or relieving factors
- Acute or chronic history
- Medications
- Past medical history
- Surgeries
- what were you doing at the time of the injury
PHYSICAL EXAM

- **Inspect**
  - Deformities
  - Swelling
  - Bruising
  - Position of comfort

- **Evaluate range of motion**
  - Active (flexion, extension, abduction, adduction, internal rotation, external rotation)
  - Passive

- **Palpate**
  - Deformities
  - Swelling
  - Step-off
  - Pain

- **Sensation, strength, and pulse**

- **Specialized tests**
SPECIALIZED TESTS

Shoulder

- Hawkins
- Neers
- Jobes (Empty can test)
- O’Briens
- Apprehension and relocation
- Hornblower’s test
- Speeds
- Yergason’s
- Gerber lift off test
- Horizontal adduction test
- Sulcus sign
- Jerk test
SPECIALIZED TESTS

Knee
- Patellar tracking
- Patellar apprehension test
- Patellar grind test (Clark’s sign)
- McMurray
- Valgus stress
- Varus stress
- Lachmann’s
- Pivot shift
- Anterior drawer
- Posterior drawer
- Noble
- Ober’s
- External rotation recurvatum test
- Dial test
PRACTICE MAKES PERFECT