

CCSU SPORTS MEDICINE SYMPOSIUM 2025



1

ORTHOPEDIC ASSESSMENT

COMPLEX SHOULDER TESTS FOR INSTABILITY

Robert S. Waskowitz MD

Sports Medicine Orthopedic Surgery
Orthopedic Associates of Hartford
Senior Team Physician CCSU

2

DISCLOSURE

- NO CONFLICTS OF INTEREST
- NO FINANCIAL RELATIONSHIP WITH THIS SYMPOSIUM
- NO OFF-LABEL USE OF ANY PRODUCT

3

OBJECTIVES

- DEVELOP ADVANCED MASTERY IN THE APPLICATION OF SPECIAL TESTS FOR SHOULDER INSTABILITY
- INTEGRATE SPECIAL TESTS INTO CLINICAL ASSESSMENT
- INTERPRET TEST RESULTS SPECIFIC TO THE DIAGNOSIS
- LEVEL OF DIFFICULTY: INTERMEDIATE/ADVANCED
- PRACTICE DOMAINS: ASSESSMENT, EVALUATION & DIAGNOSIS
- THERAPEUTIC INTERVENTION

4

SHOULDER FUNCTION: DELICATE BALANCE BETWEEN

STABILITY

- HIGH FUNCTIONAL DEMANDS
- EXTREME FORCES PLACED ON THE JOINT
- COMPLEX MOTION: POWER, ROTATION, ACCELERATION, DECELERATION

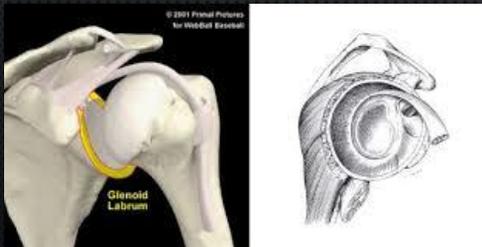
INSTABILITY

- DYNAMIC
 - MUSCULAR: ROTATOR CUFF, PECS, LATS, TRAPS
- STATIC
 - BONE: HUMERAL HEAD, GLENOID
 - TISSUE: LABRUM, ARTICULAR CARTILAGE

5

BALANCE

SIMPLE



COMPLEX



6

BALANCE



7

SHOULDER INSTABILITY SPECIAL TESTS

- EUA (EXAM UNDER ANESTHESIA)
- APPREHENSION SIGN *
- RELOCATION TEST *
- LOAD AND SHIFT TEST *
- SULCUS SIGN
- SPEEDS TEST
- YERGASON'S TEST
- BELLY PRESS TEST
- LIFT-OFF TEST (GERBER'S)
- KIM TEST

8

REFERENCES

Biederwolf NE. [A proposed evidence-based shoulder special testing examination algorithm: clinical utility based on a systematic review of the literature.](#) International Journal of Sports Physical Therapy. 2013 Aug;8(4):427.

Hegedus EJ, Goode A, Campbell S, Marin A, Tamaddon M, Moorman CT, Cook C. [Physical examination tests of the shoulder: a systematic review with meta-analysis of individual tests.](#) British journal of sports medicine. 2008 Feb 1;42(2):80-92

Hegedus EJ, Goode AP, Cook CE, Michener L, Myer CA, Myer DM, Wright AA. [Which physical examination tests provide clinicians with the most value when examining the shoulder?](#) Update of a systematic review with meta-analysis of individual tests. British journal of sports medicine. 2012 Nov 1;46(14):964-78

Tennent TD, Beach WR, Meyers JF. [A Review of the Special Tests Associated with Shoulder Examination: Part I: The Rotator Cuff Tests](#) The American Journal of Sports Medicine. 2003;31(1):154-160.

TENNENT TD, BEACH WR, MEYERS JF. [A REVIEW OF THE SPECIAL TESTS ASSOCIATED WITH SHOULDER EXAMINATION: PART II: LAXITY, INSTABILITY, AND SUPERIOR LABRAL ANTERIOR AND POSTERIOR \(SLAP\) LESIONS.](#) THE AMERICAN JOURNAL OF SPORTS MEDICINE. 2003;31(2):301-307.