

# Dynamic Examination of the Shoulder

Name/ID \_\_\_\_\_ M / F Events \_\_\_\_\_

Complaint R/L/B \_\_\_\_\_

## Biceps Transverse

- Synovitis (**target sign**),  Tendon calcification,  Tendinosis,
- Cortical irregularities,  Neo-vascularity,  Joint debris,
- Biceps tendon subluxation or dislocation  
(over or under subscapularis tendon insertion)

## Biceps Longitudinal

- Synovitis (**tear drop**),  Tendon calcification,  Tendinosis,
- Cortical irregularities,  Neo-vascularity,  Joint debris,
- Joint debris in motion,  Anterior circumflex artery

## Subscapularis Long

- Subdeltoid bursitis,  Partial and full thickness tears,
- Tendon calcifications,  Cortical irregularities,
- Subcoricoid bicep tendon impingement,
- Underlying synovitis,  Joint debris

## Subscapularis Trans

- Subdeltoid bursitis,  Partial and full thickness tears,
- Tendon calcifications,  Cortical irregularities,
- Subdeltoid bursitis (**tear drop**)

## Coricoacromial Ligament Long

- Ligament and joint capsule thickening and fibrosis,
- Cortical irregularities,
- Ligament mounding due to subscapularis displacement

## A-C Joint Trans

- Synovitis (**sea gull**),  Cortical irregularities,
- Joint step-off,  Joint separation (**texas sign**),
- Joint instability,  Joint imbrication

## Subacromial Space Neutral Trans

- Reduced subacromial gap (neutral normal is 10mm) compare with asymptomatic side)

## Subacromial Space Abduction Trans

- Reduced subacromial gap with abduction (normal >10mm)  
(< 3mm is significant)

## Subacromial Space Abduction Slight Forward Flexion Trans

- Reduced subacromial gap with abduction, (should remain 10mm)  
(< 3mm is significant)

## Supraspinatus/Infraspinatus

### Tendon Long

- Tendon calcifications,
- Subdeltoid bursitis, partial/full thickness,
- Cortical irregularities,
- Cartilage exposure ("**crescent**" sign)

## Supraspinatus/Infraspinatus Tendon Trans

- ????????????

## Rotator Cuff Interval

- Determine the location of the supra spinatus/infraspinatus tendon defects in relationship to the biceps tendon

## Posterior Gleno-Humeral Joint Trans

- Synovitis,  Joint debris,  Labrum irregularities and tears,
- Infraspinatus ganglions,  Labrum displacements,
- Anterior (occasionally posterior) gleno-humeral subluxation

## Posterior Infraspinoglenoid Notch Trans

- Suprascapular nerve and artery,  Infraspinatus ganglion,
- Entrapment of the suprascapular nerve

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# Dynamic Examination of the Knee

Name/ID \_\_\_\_\_ M / F Events \_\_\_\_\_

Complaint R/L/B \_\_\_\_\_

## Suprapatellar Long

- Quadriceps tendon tears,  Suprapatellar bursitis,
- Joint debris,  Loose bodies,  Patellar spurring,
- Suprapatellar bursal compression,

## Suprapatellar Trans

- Medial superior patellar retinaculum avulsions,
- Quadriceps tendon tears,  Patellar spurring,
- Suprapatellar bursitis,  Joint debris
- Loose bodies,  Suprapatellar bursal compression and medial or lateral bursal tracking,

## Suprapatellar Flexed Trans

- Cartilage and cortical irregularities

## Infrapatellar Long

- Patellar tendon defects (**Runner's or Jumper's knee**),
- Osgood Schlatter's** disease,  Pre-patellar bursitis,
- Superficial and deep infrapatellar bursitis,
- Joint effusion,  Joint laxity (**anterior drawer sign**),
- Plical fibrosis,  Intra-articular ganglion,
- Ganglion and plical impingement

## Infrapatellar Trans

- Cartilage and cortical irregularities

## Medial Collateral Long

- MCL tears,  Medial meniscal mounding or tears,
- Joint debris,  Cortical irregularities,
- Joint laxity (valgus/varus **stress tests**)

## Medial Collateral Trans

- Medial meniscal tears,  Joint debris,
- Medial meniscal root fibrosis

## Pes Anserine Long

- Saphoneus neurovascular bundles,  Pes anserine bursitis

## Lateral Collateral Long

- LCL tears,  Popliteus tendon effusion,  Joint debris,
- Posterior lateral geniculate artery,  Proximal tibiofibular,
- Lateral meniscal mounding or tears,  Cortical irregularities.
- Joint cysts,  Recurrent peroneal nerve entrapment
- Joint laxity (valgus/varus **stress test**)

## Lateral Collateral Trans

- Lateral meniscal tears,  Lateral meniscal root fibrosis,  Joint debris

## IlioTibial Band Long

- Cortical irregularities of femur and Gerde's tubercle,
- Iliotibial band bursitis

## Posterior Medial Long

- Baker's cysts,  Posterior medial meniscal defects,
- Posterior medial gastrocnemius bursitis

## Posterior Medial Trans

- Baker's cysts,  Posterior medial gastrocnemius,  Bursitis

## Posterior Lateral Long

- Posterior lateral meniscal defects,  Biceps femoris,
- Tendon defects and ganglion

## Posterior Lateral Trans

- Biceps femoris tendon defects and ganglion,
- Peroneal nerve entrapments

## Posterior Cruciate Long

- PCL Hematoma,  Cortical irregularities

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