Shoulder Physical Exam in Throwing Athletes

Christopher S. Ahmad, MD
Professor
Head Team Physician NY Yankees
Chief Sports Medicine

Disclosure

1. Basic Science Support
   a. Arthrex
   b. Smith-Nephew
2. Consultant
   a. Arthrex
3. Royalties –
   1. Arthrex
   2. Book Author, Lead Player

5 Points on Shoulder Examination of the Overhead Athlete

1. Inspection, Palpation, Strength Testing
2. ROM, GIRD Assessment
3. Internal Impingement
   1. SLAP, PRTCT provocative testing
4. Scapulothoracic
5. Neurovascular

Am J Orthopedics 2015
Inspection

Supraspinatus, infraspinatus atrophy
- Parsonage Turner Syndrome
Inspection

- Isolated infrapinatus atrophy

Inspection

Deltoid Atrophy
- Parsonage Turner Syndrome

Inspection

29 Professional RHD pitcher
No complaints
Physical Exam and Surgical Indications

• 23 you RHD Yankee pitcher
• 10 months ant sup pain
• Failed rest and 3 cortisone injections
• MRI - SLAP and PTRCT

Physical Exam and Surgical Indications

Rotator Cuff

• 31 RHD Yankee pitcher
• 2 weeks sup shoulder pain
• 1 wk rest unable to throw flat ground
• MRI positive SLAP
Rotator Cuff
Post Subacromial injection

Prone Exam

Teres Major Rupture
Scapular Winging

- H/o R scope subacromial decompression
- Physical Exam
  - Gross winging
  - Active FE 90, Passive 150

Scapula Exam

- Scapular Retraction Test
  - Stabilize medial border
  - Relief of posterior shoulder pain

Kibler et al AJSM 1998

Scapular Stabilization
After Split Pectoralis Major Transfer

Vascular Exam

Vascular Exam
Conclusions

• Physical examination is a skill that can be improved

• Physical Exam more important in throwers than any other athlete

Thank You