# Advanced Case History: Upper Quadrant Sample
# Physical Examination

**Observation:** L arm held in a sling-like / guarded position; L wrist slightly swollen

## Wrist:

| AROM (degrees) | Left | Right | PROM (degrees) | Left | Right |
|---|---|---|---|---|---|
| Extension | 60 | 75 | Extension | 65 | 80 |
| Flexion | 10 = P1 | 50 | Flexion | 15 = P1 before R1 | 55 |
| Radial devn | 15 | 20 | Radial devn | 15 | 20 |
| Ulnar devn | 10 = P1 | 30 | Ulnar devn | 15 = P1 before R1 | 30 |
| Pronation | 90 | 90 | Pronation | 90 | 90 |
| Supination | 5 = P1 | 90 | Supination | 5 = P1 before R1 | 90 |

**PAMs**: dorsal glide of radius on ulna reproduces P1 before R1; dorsal glide of proximal carpal row on radius + ulna reproduces P1 before R1
**Pain free grip strength**: R = 35 lbs (16 kg); L = 5 lbs (2.2 kg) P1 starts after this
**Weight bearing through hand**: R = 80 lbs (36 kg); L = 5 lbs (2.2 kg) causes P1
**TFCC Grind test** – positive – increased P1 (5/10) with mild loading

**Palpation** – tender between the FCU and the ulnar styloid process (fovea test)

## Shoulder Girdle

| AROM | Left | Right | PROM | Left | Right | Resisted | Left | Right |
|---|---|---|---|---|---|---|---|---|
| Ext rotn | 60 | 80 | Ext rotn | 80 | 80 | Ext rotn | P2 | 5/5 |
| Flexion | 120 | 180 | Flexion | 180 | 180 | Flexion | P2 | 5/5 |
| Abduction | 120 | 180 | Abduction | 180 | 180 | Abduction | P2 | 5/5 |

**PAMs (GH, AC SC joints) –** within normal limits

**Scapular Musculature Strength Testing:**

- Scapular Dyskinesia Test (forward flexion with 2 lb weight 5 reps) – winging of the medial border of the left scapula observed
- External Rotation Load Test (resisted external rotation at 45° of abduction) – positive left for lack of scapular control – downwardly rotates
- MFT and LFT left grade 4 on manual muscle testing
- Scapular repositioning test – AROM full and resisted testing painfree with the scapula placed in upward rotation and some elevation.

**Muscle length tests**:

- left pec minor short

**Special tests**:

- +ve Hawkins-Kennedy, -ve with repositioning of the scapula as above
- -ve labral tests

**Palpation:**

- tenderness of tendons of left long head of biceps and left supraspinatus

## Cervical Spine:

**Active/Combined Movements:**

- Left rotation ½ range – reproduces P3
- Left side flexion ½ range - reproduces P3
- Right side flexion ½ range – produces a tight sensation on L side of neck
- Right rotation ¾ range – no pain
- Extension ½ range – reproduces P3
- Left extension quadrant (combined extension/left side flexion/left rotation) – ½ range – reproduces P3
- Right flexion quadrant (combined flexion/right side flexion/right rotation) ¾ range – produces a pulling sensation on left side of neck

**Neurological Examination (conduction):**

- Dermatomes – within normal limits (WNL)
- Key Muscles – within normal limits (WNL)
- Reflexes – within normal limits (WNL)

**Neurodynamic Tests:** (√ = normal response)

- ULNT1, 2, 3 – not performed due to reduced ROM and wrist irritability

**Passive Mobility Testing (PPIVMs and PAIVMs):**

**PPIVMs:**

- Decreased combined flexion, right side bending, right rotation ¾ ROM at C4/5 and C5/C6 with capsular end feel. No reproduction of pain
- Decreased combined extension, left side bending, left rotation ½ ROM at C4/5 and C5/C6 early capsular end feel. Reproduction of P3

**PAIVMs:**

- Decreased supero-antero-lateral (SAL) glide left C4/5 and C5/C6 Z joint with an early capsular end feel. No reproduction of pain
- Decreased infero-medial-posterior (IMP) glide left C4/5 and C5/C6 Z joint with an early capsular end feel. Reproduction of P3

**Stability Tests**

- Negative

**Cervical Vascular Screening:**

- Negative

**Muscle Strength/Length:**

- Left lev scap and left UFT decreased length due to tone

**Palpation:** hypertonicity and trigger points (TP) in left lev scap and left UFT; thickening and mild discomfort left C4/5 and C5/6 zygapophyseal joints