

Shoulder Data Base Format									
Date	Name	Tenderness Sup Inf Sub R/L	aBd		Ext/Int Rotation R/L	Cyriax Tests p/wk	Cor Proc	AC Jt/ SC Jt	Treatment
					Right				
55 yo RH WM chef and bodybuilder with chronic pain Left shoulder x 2 years									
07/15/08	Xx Yyy	LSup 5 L Inf 4 L bg 5			Sup: nl Inf: nl Sub: nl LHB: nl	2+ p & 2+wk 2+ p & 1+wk nl 2+ p & 2+wk			Dx: L Sup, Inf, LHB Sprain
08/20/08			90/ 70	60-20/ 50-40	Sup: nl Inf: nl Sub: nl LHB: nl	2+ p & 2+wk 2+ p & 1+wk nl 2+ p & 2+wk	0.5/0	—	Dx: L Sup, Inf, LHB Sprain #1 P2G 50:50 L Sup/Inf/LHB-labrum
09/30/08			85/ 85	60-30/ 60-20	Sup: nl Inf: nl Sub: nl LHB: nl	nl!! 1+ p @ CP nl 2+ p/2+ wk but “feels much better”	0.5/0	1+/.5+ 0/0	Dx: L Sup, Inf, LHB Sprain #2 P2G 55:45 L Inf/LHB-labrum
11/13/08			90/ 50!	60-25/ 50-40	Sup: nl Inf: nl Sub: nl LHB: nl	1+p s wk nl nl 2+ p s wk	-/-	—/—	MRI L/R Shoulders
01/06/09			90/ 50!	60-25/ 50-40	Sup: nl Inf: nl Sub: nl LHB: nl	nl nl nl 2+ p s wk	-/-	—/—	Dx: L Sup, Inf, LHB Sprain #3 P2G 50:50 LHB-labrum

bg = bicipital groove	L = left	p = pain	RH = right handed	Sup = supraspinatus
Inf = infraspinatus	LHB = long head biceps	R = right	Sub = subscapularis	wk = weakness