Flex Therapist CEUs

Shoulder Physical Examination Clinical Performance

1. What factor adds difficulty when trying to choose which physical examination tests of the shoulder to use?

A. More than 180 different single PETS have been described in the literature.
B. Different names are used for the same test.
C. Different criteria of positivity have been used for the same test.
D. It is challenging to choose which PETS to use because more than 180 different single PETS have been described in the literature, different names are used for the same test, different criteria of positivity have been used for the same test, and several of the single PETS have been used for several different shoulder diagnoses.

---

2. Which of the following tests could be used to rule in a subscapularis tear?

A. Hawkins
B. Lift-off
C. Neers
D. Drop arm

---

3. Which of the following tests was concluded to perform worse for superior labral anterior posterior (SLAP) lesions?

A. Anterior slide
B. Active compression
C. Crank
D. Speed

---

4. Which of the following tests showed statistical significant validity on SLAP lesions?

A. Compression-rotation
B. Crank
C. Yergason
D. Relocation

---

5. Among the single PETS included in the meta-analysis, the highest diagnostic odds ratio overall was obtained for the _____ test in diagnosing any full thickness rotator cuff tear.

A. Hawkins
B. Lift-off
C. Yergason

D. Supraspinatus

---

6. Of the following, which was ranked highest for the SLAP tests?

A. Compression-Rotation
B. Hawkins
C. Lift-off
D. Yergason

---

7. Of the following, which test was ranked highest for subacromial impingement syndrome?

A. Compression-Rotation
B. Hawkins
C. Lift-off
D. Yergason

---

8. No single PETS in this meta-analysis showed superior diagnostic validity when pooled test performance was assessed.

A. True
B. False

---

9. Likelihood ratio is the most sensitive single indicator of test performance.

A. True
B. False

---

10. When ranked by DOR, the Yergason test out performed the Compression-Rotation test.

A. True
B. False

---

11. In PETS aimed to detect SLAP lesions, most are designed to manipulate the superior labrum by stressing the glenohumeral joint often in combination with pulling on the biceps tendon. This could:

A. Be one of the reasons that performances of different tests vary relatively little.
B. Explain why the general validity of PETS is poor.
C. Both be one of the reasons that performances of different tests vary relatively little and explain why the general validity of PETS is poor.
D. Neither be one of the reasons that performances of different tests vary relatively little nor explain why the general validity of PETS is poor.

12. No optimal curves for any single PETS have been documented apart from one possible exception for the _____ test.

A. Compression-Rotation
B. Hawkins
C. Lift-off
D. Yergason