

Metcalf New Shoulder Evaluation

Affected: R / L

Motion	Right	Left
AFE	_____	_____
PFE	_____	_____
ERA	_____	_____
ERS	_____	_____
IRB	_____	_____
XBA	_____	_____
IR Abd	_____	_____

	UCLA	Constant	FE	ABD	ROWE	
≥150°	5	>150°	10	10	≥100% ER, IR, FE	20
120-150°	4	121°-150°	8	8	75% ER, 100% IR/FE	15
90-120°	3	91-120°	6	6	50% ER, 75% IR/FE	5
45-90°	2	61-90°	4	4	0 ER, <50% IR/FE	0
30-45°	1	30-60°	2	0		
<30°	0	<30°	0	0		

Tenderness	Right	Left
AC Joint		
Acromion		
SC Joint		
Greater Tub.		
Lesser Tub.		
Biceps		
Periscapular		

Stability	Right	Left
AS		
AM		
AI		
Sulcus		
Sulcex		
Posterior		

Active Tests	+	-
Apprehension	+	-
Augmentation	+	-
Relocation	+	-
Biceps Tension	+	-

ROWE	
None	50
Apprehension	30
Subluxation	10
Dislocation	0

Cuff Palpation: Normal Inflamed Partial Complete

Manual Tests	Right		Left			Right		Left	
Neer	+	-	+	-	Belly Press	+	-	+	-
Hawkins	+	-	+	-	Bear Hug	+	-	+	-
Whipple	+	-	+	-	ER @ Side	+	-	+	-
SS Isolation	+	-	+	-	Abd @ Side	+	-	+	-
SS Stress	+	-	+	-	Saw	+	-	+	-
Lift Off	+	-	+	-	Yergason's	+	-	+	-
Horn Blower	+	-	+	-	Speed's	+	-	+	-

Strength	Shoulder:				R	L
Abd	1	2	3	4	5	5
IR	1	2	3	4	5	5
ER	1	2	3	4	5	5

Isobex _____

Other

Scapula	Normal	Abnormal	Findings: _____
C-Spine	Normal	Abnormal	Findings: _____
Reflexes	Normal	Abnormal	Findings: _____
Sensation	Normal	Abnormal	Findings: _____
Biceps Contour	Normal	Abnormal	Findings: _____
FE (TOS)	Normal	Abnormal	Findings: _____

Other Findings:

Radiographs

Degeneration	R	L
Glenohumeral		
AC Joint		
Acromial Morphology		
Calcific Tendonitis		
Fracture		

See below

See below

Explain: _____

IMPRESSION

Cuff Injury

Tendinitis	SS	IS/TM	Sub
Partial Tear	SS	IS/TM	Sub
Full Thickness	SS	IS/TM	Sub
Massive	SS	IS/TM	Sub

Biceps

Tendinitis
Tear
Instability

Instability TUBS AMBRII

Microinstability
Anterior
MDI
Posterior
Interval Tear

Labral Tear

Anterior
Posterior
SLAP

Adhesive Capsulitis

Diabetic
Idiopathic
Post Traumatic

Muscle/Tendon

Pectoralis Rupture
Deltoid Insufficiency
Calcific Tendinitis

GH Arthritis

Degenerative
Rheumatoid
AVN
Cuff Tear Arthropathy
Capsulorrhaphy Arthropathy

Scapulothoracic

Tendinitis
Winging
Bursitis

Fracture

Os Acromiale
Proximal Humerus 1 2 3 4-Part
Neck
GT
LT
Head Split
Glenoid
Clavicle
Acromion
Scapular Body
Other: _____

AC Joint

Dislocation: 1 2 3 4 5 6
Arthritis
Osteolysis

OTHER: _____

TREATMENT

1. Observation
2. Physical Therapy
3. NSAID: _____
4. Narcotic: _____
5. Antibiotic: _____
6. Injection
 - a. Steroid
 - b. Synvisc/Other
7. Brace/Sling
8. MRI
9. Other Tests
10. Referral: _____
11. Surgery: _____

FOLLOW-UP

1. Within 48 Hours
2. 1 Week
3. 2 Weeks
4. 4 Weeks
5. 6 Weeks
6. 3 Months
7. 6 Months
8. 1 Year
9. PRN
10. After Study/Test: _____