



# Virtual Shoulder Exam Resources for Telehealth Providers

Connected Care Discussion Series

September 2021

**VA**



**U.S. Department of Veterans Affairs**  
Veterans Health Administration  
Office of Connected Care

## Forum Presenters

September 17



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Internist, Department of Internal  
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Healthcare System

September 22



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## Today's Discussion

### In this forum, we'll cover:

- The new virtual shoulder exam resources in the context of patient-centered care.
- An overview of these resources and their benefits.
- How to use the new tools.
- Troubleshooting and additional clinical resources.
- Q&A.
- Next steps.

## Virtual Shoulder Exam Resources in Context

**Telehealth is a patient-centered process.** Synchronous care, including the care we'll discuss in this forum, must be more about the patient than the technology.

One way to provide patient-centered care is by making the technology feel less intimidating and distant. Providers can use clinical assessments, such as the shoulder exam, as an opportunity to engage and educate their patients.

Two new resources — a virtual shoulder exam video and a virtual shoulder exam instructional document — can help providers effectively diagnose and treat their patients' shoulder pain.

## Overview of Virtual Shoulder Exam Resources

The [virtual shoulder exam video](#) is a tool you can use during a virtual shoulder exam to show your patient how to correctly perform the exam maneuvers.

The [virtual shoulder exam instructional document](#) is a guide you can use, either alone or with the video, to walk your patient through a virtual shoulder exam.

By screen-sharing both resources with your patient, you can provide a telehealth experience that is similar to an in-person visit.

# How To Use the Virtual Shoulder Exam Resources

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## Using the Virtual Shoulder Exam Video

You can use the virtual shoulder exam video and instructional document to help you guide patients through the exam maneuvers and to identify what part of their shoulder is hurting them. This video segment shows the tests performed in a typical shoulder exam. If you want to perform a specific set of tests, you can skip to the corresponding time stamp.

Virtual Shoulder Exam		
Inspection	Range-of-Motion and Strength Tests: <b>SITS</b>	Provocative Tests
<ul style="list-style-type: none"><li>• Bony abnormalities</li><li>• Muscle abnormalities</li></ul>	<b>Supraspinatus</b> <ul style="list-style-type: none"><li>5 Abduction</li><li>6 Empty can test</li></ul> <b>Infraspinatus/Teres Minor</b> <ul style="list-style-type: none"><li>7 External rotation</li><li>8 Resisted external rotation</li></ul> <b>Subacromial Space</b> <ul style="list-style-type: none"><li>9 Internal rotation (spine level)</li><li>10 Gerber's liftoff test</li></ul>	<b>Biceps</b> <ul style="list-style-type: none"><li>11 Yergason's test</li><li>12 Speed's test</li></ul> <b>Impingement</b> <ul style="list-style-type: none"><li>13 Neer's test</li><li>14 Hawkins-Kennedy test</li></ul> <b>Acromioclavicular</b> <ul style="list-style-type: none"><li>15 Scarf test</li><li>16 Cross-arm test</li></ul>

<https://www.youtube.com/watch?v=kafSpj6539g>



## Using the Virtual Shoulder Exam Video (cont.)

In this video segment, a patient is performing the range-of-motion and strength tests, or SITS.

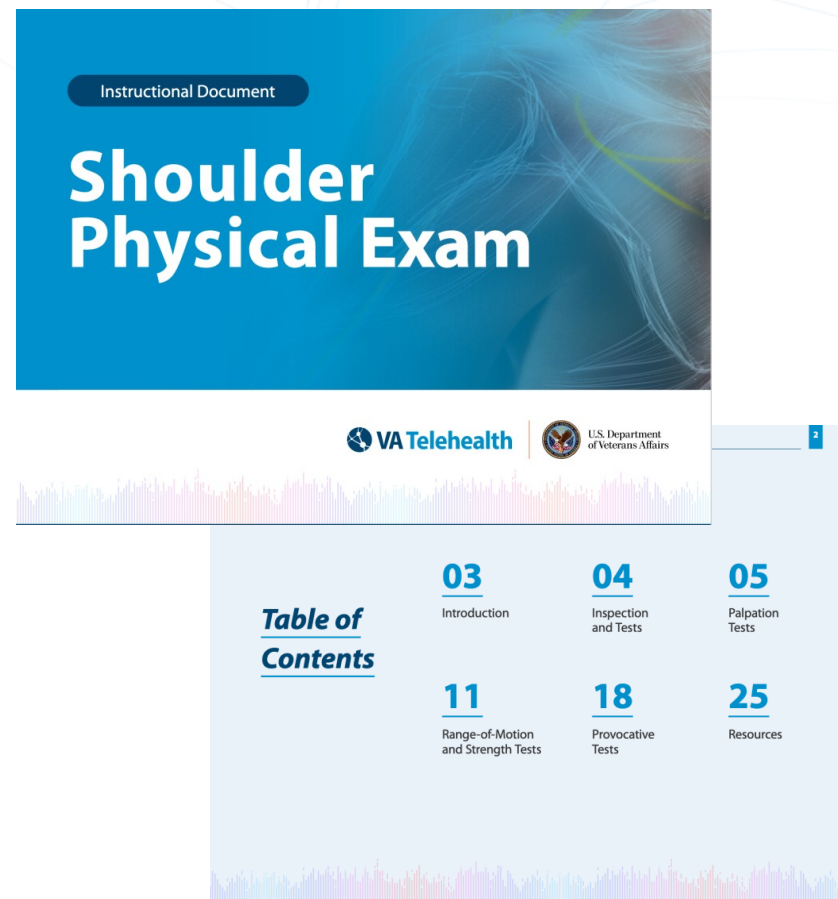


<https://www.youtube.com/watch?v=GMBzetgdbJg>

## Using the Virtual Shoulder Exam Instructional Document

The virtual shoulder exam instructional document contains the same guidance information as the video. You can use this document alone or with the video.

The interactive table of contents enables you to easily skip to the corresponding shoulder exam tests.



# Best Practices for Using the Virtual Shoulder Exam Resources

## Before the telehealth visit:

- Familiarize yourself with the resources.
- Know where to access the video and instructional document.
  - Bookmark the shoulder exam video URL in your browser.
  - Download the instructional document.

## During the telehealth visit:

- Test screen-sharing capabilities with your patient at the start of the visit.
- Use the time stamps in the video to skip to the maneuvers you would like your patient to perform.

## Troubleshooting Technical Issues

### **If the video doesn't work when screen-sharing, you can:**

- Provide a URL to the video in the chat box.
- Ask your patient to open and play the video on their screen while continuing with the telehealth visit via VA Video Connect.
- Proceed with using the video to guide the patient through the tests and maneuvers.

### **If technical issues with the video persist, you can share and use the instructional document as follows:**

- Provide a URL to the instructional document in the chat box.
- Ask your patient to download and open the instructional document on their device.
- Proceed with using the instructional document to guide your patient through the tests and maneuvers.

## Additional Clinical Resources

- University of California San Diego Shoulder Exam teaching videos for providers, <https://www.youtube.com/playlist?list=PLxwLrHg8K3rn3uxjCnj0ytdKhRn8BEr-X>
- Beach, H., & Gordon, P. (2016). Clinical examination of the shoulder. *NEJM*, 375(11), e24(1)-e24(4).
- Burbank, K., Stevenson, J., Czarnecki, G., & Dorfman, J. (2008). Chronic shoulder pain: Part I. Evaluation and diagnosis. *American Family Physician*, 77(4), 453-460.
- Burbank, K., Stevenson, J., Czarnecki, G., & Dorfman, J. (2008). Chronic shoulder pain: Part II. Treatment. *American Family Physician*, 77(4), 493-497.
- Hermans, J., Luime, J., Meuffels, D., Reijman, M., Simel, D., & Bierma-Zeinstra, S. (2013). Does this patient with shoulder pain have rotator cuff disease? The Rational Clinical Examination systematic review. *JAMA*, 310(8), 837-847.
- Park, H., Yokoto, A., Gill, H., El Rassi, G., & McFarland, E. (2005). Diagnostic accuracy of clinical tests for the different degrees of subacromial impingement syndrome. *The Journal of Bone & Joint Surgery*, 87(7), 1446-1445. <https://doi.org/10.2106/JBJS.D.02335>
- Simons, S., & Dixon, J. B. (2021). [Physical examination of the shoulder](#). *UpToDate*. Retrieved September 14, 2021, from <https://www.uptodate.com/contents/physical-examination-of-the-shoulder>

# Q&A

## Next Steps

### We encourage you to:

- Watch the full [virtual shoulder exam video](#).
- Download the [virtual shoulder exam instructional document](#).
- Share these resources with your colleagues and other providers who may benefit from their use.
- Email Connected Care's [Quality and Training Division](#) with any questions or to provide feedback on these resources.

Thank you!