

# Sulcus Test

## Patient Information:

Name:	Lionel Monteath
Age:	45
Gender:	Male
Occupation:	Construction
Chief Complaint:	Shoulder pain
History of Present Illness:	None

**Purpose:** The Sulcus Test helps check for instability in the shoulder joint. It's used to diagnose possible shoulder issues and decide what to do next.

## Things You'll Need:

A table or comfy chair for the test

Disposable gloves if needed

Ruler (if you want to measure)

The patient's OK and understanding

## Questions to ask the patient:

**Do you have any pain in your shoulder?**

Yes \_\_\_\_\_

**Is the pain worse with certain activities, such as overhead movements?**

Yes \_\_\_\_\_

**Have you ever had your shoulder dislocated?**

No \_\_\_\_\_

**Do you feel like your shoulder is unstable?**

Yes \_\_\_\_\_

**Do you hear any clicking or popping on your shoulder?**

Yes \_\_\_\_\_