B.1.Scapula examination

dyskinesia	right	left	Normal, bilateral
Superomedial border prominence	□	□	□
Inferomedial border prominence	□	□	□
Medical border	□	□	□

B.2.Shoulder Tests

Test	right	left	Normal, bilateral
O'brien	□	□	□
Impingment	□	□	□
Hawkins	□	□	□
Drawer	□	□	□
Apprehension	□	□	□
Inf. instability	□	□	□
Infraspinatus trigger points	□	□	□

B.3. wrist

History	Radial side pain	□right □left	□no pain, bilateral
	Ulnar side pain	□right □left	□no pain, bilateral
Examination:	Radial side	Tenderness □right □left	□normal, bilateral
		Swelling □right □left	□normal, bilateral
		Crepitus □right □left	□normal, bilateral
		Finkelstein's test □right □left	□normal, bilateral
	Ulnar side	Pain □right □left	□normal, bilateral
		Swelling □right □left	□normal, bilateral

		Crepitus □right □left	□normal, bilateral
		Pain on resisted dorsi flex and ulnar deviation □right □left	□normal, bilateral
		clicking sensation on wrist movement □right □left	□normal, bilateral
		Press test □right □left	□normal, bilateral

B.4. Hook of hamate

History	Ulnar wrist pain	□right □left	□no pain, bilateral
	Reduced grip strength	□right □left	□no pain, bilateral
Examination:	Hook of hamate	Tenderness □right □left	□normal, bilateral

B.5. Tibialis anterior Tendon

History	Anterior ankle pain	□right □left	□no pain, bilateral
	Anterior ankle stiffness	□right □left	□no pain, bilateral
	Anterior ankle aggravated by activity	□right □left	□no pain, bilateral
Examination:	Tibialis Anterior tendon	Tenderness □right □left	□normal, bilateral
		Swelling □right □left	□normal, bilateral
		Crepitus □right □left	□normal, bilateral

		pain on resisted dorsiflexion and eccen· tric inversion □right □left	□normal, bilateral

B.6. Suprascapular nerve:

History	pain in posterior and lateral of shoulder	□right □left	□no pain, bilateral
	shoulder weakness	□right □left	□full force, bilateral
Examination:	Supraspinatus	atrophy in □right □left	□normal, bilateral
	Infraspinatus	atrophy in □right □left	□normal, bilateral

B.7. Elbow

History	Radial side pain	□right □left	□no pain, bilateral
	Ulnar side pain	□right □left	□no pain, bilateral
Examination:	Radial side	Tenderness □right □left	□normal, bilateral
		Pain in resisted wrist extension □right □left	□normal, bilateral
		Pain in resisted middle finger extension □right □left	□normal, bilateral
	Ulnar side	Tenderness □right □left	□normal, bilateral

		Pain in resisted wrist flexion □right □left	□normal, bilateral
		Pain in resisted forearm pronation □right □left	□normal, bilateral

B.8. Pars interarticularis:

History	unilateral low backache	□right □left	□no pain, bilateral
	Hyperextension precipitated the pain.	□yes	□no
Examination:	extension with rotation	Pain □right □left	□normal, bilateral
	Lordotic posture	□yes	□no
	tenderness	□right □left Level:……	□no pain, bilateral

B.9. Sesamoid Bone

History			
	Toe sesamoid pain	□right □left	□no pain, bilateral
Examination:	Toe Sesamoid	Tenderness □right □left	□normal, bilateral
		Swelling □right □left	□normal, bilateral
		Restricted p.flex. □right □left	□normal, bilateral

فرم ب3

معاینات اختصاصی پیش از رقابت ورزش های راکتی