



Shoulder and Elbow Injury Assessment Trainer **Quick Start Guide**

The Shoulder and Elbow Injury Assessment Trainer allows students to practice 11 injury tests. This trainer's app features Practice and Assessment Modes, allowing learners to select specific injuries to assess and receive real-time feedback on positioning—or complete assessments without guidance for skill evaluation.

Product Includes:

- Shoulder and Elbow Injury Assessment Trainer
- Smart device with app and charger
- Downloadable curriculum, scenario cards, and test sheet
- 1-year limited warranty



WARNING: For educational use only.

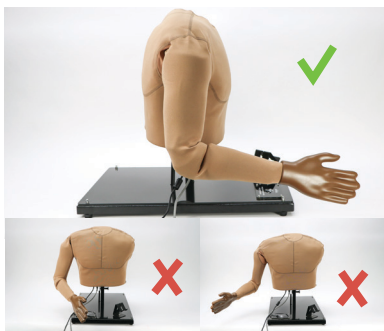
SHOULDER AND ELBOW INJURY ASSESSMENT TRAINER

Set-up Instructions

1. Position the trainer on the edge of a table.
2. Plug the power cord into the outlet and trainer.
3. Plug the foot pedals into the trainer and flip the power switch.
4. Pull the locking pin and move the trainer into an upright position with the arm straight down and elbow bent.

NOTICE: *If the arm is rotated, flexed, or extended, the values in the app may be inaccurate.*

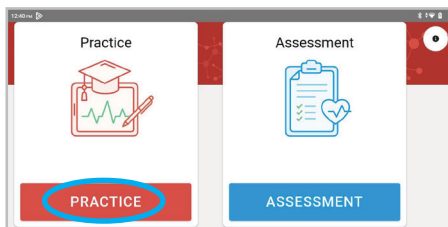
5. Power on the smart device and open the Shoulder and Elbow Injury Assessment Trainer app.



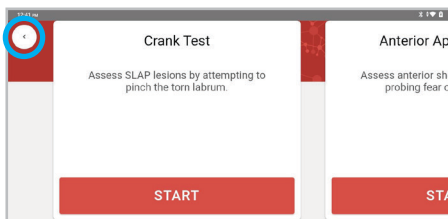
Practice Mode

Enter Practice Mode to practice specific tests with real-time feedback on trainer positioning.

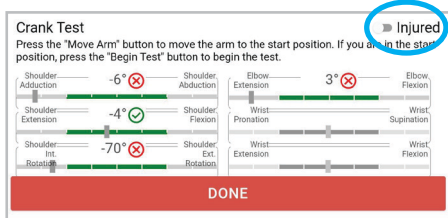
1. Tap **Practice** and then **View** on the type of test you want to practice. If you select the wrong one, tap the **Back** arrow in the top left corner of the screen.



2. Swipe left to scroll through all the tests and tap **Start** on the test you want to practice.



3. Tap the **Injured** switch in the top right corner of the screen to toggle between an injured arm and a healthy arm.



4. Step on the Move Arm pedal and hold it down while you move the trainer into position.

WARNING: Pinch Hazard. Do NOT place hands between the trainer and its post.

5. Once the trainer is in position, the sliders will be in the green zones. You can now release the Move Arm pedal.

Note: Some sliders will be grayed out, meaning those axis are not evaluated for that test.

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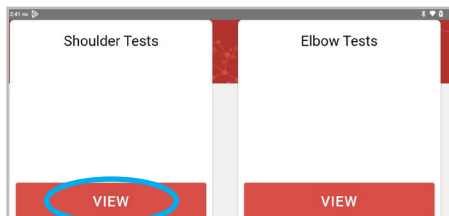
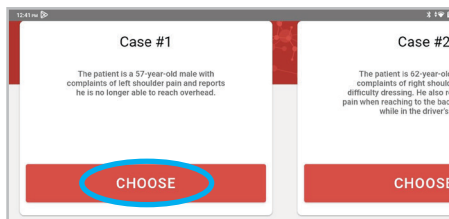
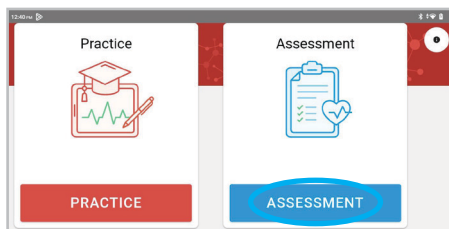
Practice Mode

6. Step on the Begin Test pedal and hold it down while you perform the test.
7. Once you finish the test, release the pedal and tap **Done** in the app.
8. If you want to practice the same test again, tap **Rerun Test**. If you want to practice with a different test, tap **Choose New Test**. If you want to return to the Home screen tap **Home**.

Assessment Mode

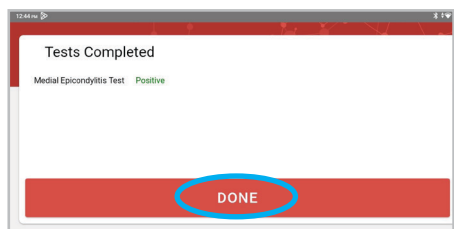
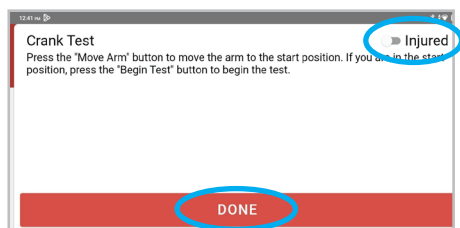
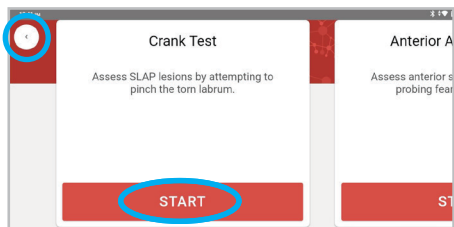
Enter Assessment Mode to diagnose injuries based on various scenarios.

1. Tap **Assessment** and swipe left to scroll through the cases.
2. Tap **Choose** on the case you want to assess.
3. Choose whether you want to perform a shoulder or elbow test by tapping **View** in the respective test's box. If you want to go back and perform the other type of test, tap the **Back** arrow in the top left corner of the screen.



Assessment Mode

4. Swipe left to scroll through test options and tap **Start** on the test you want to perform.
5. Tap the **Injured** switch in the top right corner of the screen to toggle between an injured arm and a healthy arm.
6. Step on the Move Arm pedal and hold it down while you move the trainer into position.
7. Once the trainer is in position, release the Move Arm pedal and press the Begin Test pedal.
8. Perform the test.
9. Once you finish the test, tap **Done** in the app and tap **Test was Positive** or **Test was Negative** based on your findings.
10. Tap **Another Test** to perform a different test or **Complete Scenario** to end the scenario. If you choose Complete Scenario, tap **Done** to return to the Home screen.

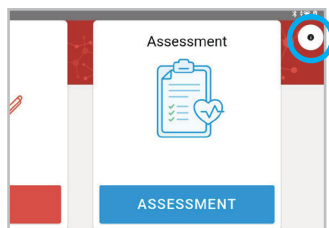
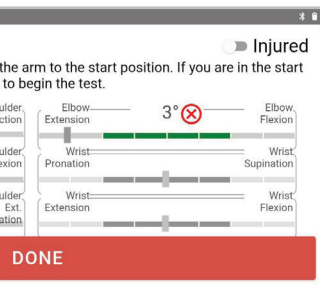


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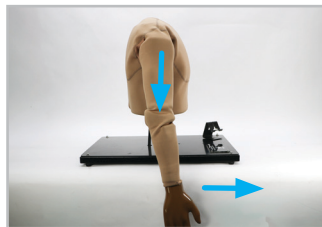
Recalibration

If the test values in Practice Mode are significantly higher or lower than zero and your trainer is upright with its arm straight down and thumb facing forward, you must recalibrate the trainer.

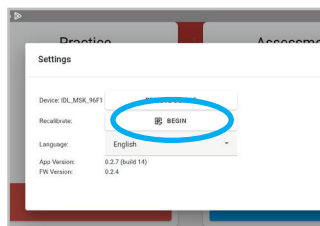
1. Open the Setting screen by tapping the **i** in the top right corner of the Home screen.



2. Ensure the trainer is upright with the arm pointing straight down and the thumb facing forward.



3. Tap **Begin** next to Recalibrate on the Settings screen.



Positioning Guide

Medial Epicondylitis Test

Position the arm as shown with 90° of wrist supination, 90° of wrist extension, and 90° of elbow flexion.

Slowly remove elbow flexion to probe for a pain response.



Mill's Test

Position the arm as shown with 90° of elbow flexion, 90° of wrist pronation, and 90° of wrist flexion.

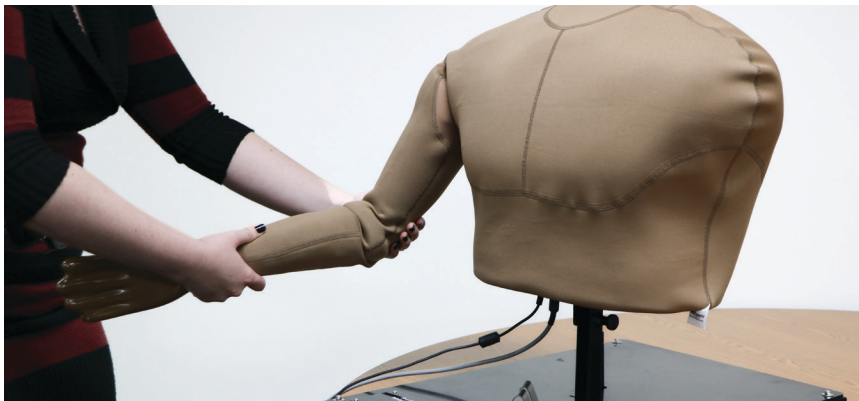
Slowly remove elbow flexion and probe for a pain response.



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Valgus Stress Test

Position the arm as shown with 90° of elbow flexion.



Apply a valgus force (outward from the patient's body) to probe for laxity in the ulnar collateral ligament (UCL).



Crank Test

Lay the trainer on its back with 90° of shoulder abduction and 90° of elbow flexion.



Rotate the shoulder +/- 45° to attempt to provoke a pain response.



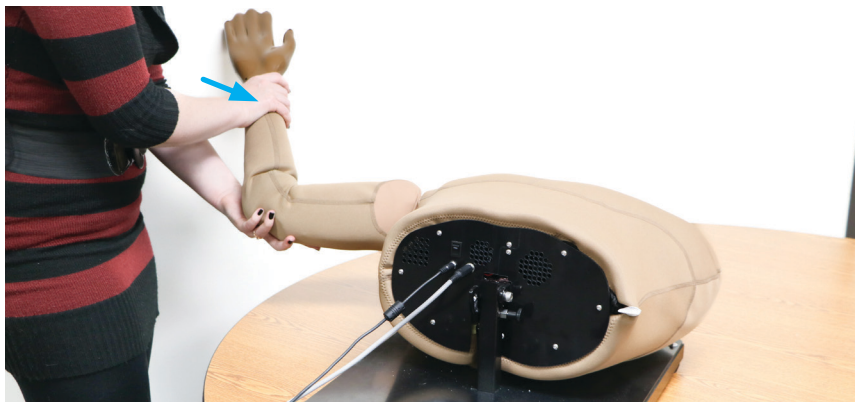
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Anterior Apprehension Test

Lay the trainer on its back with 90° of shoulder abduction and 90° of elbow flexion.



Rotate the shoulder 90° backward to attempt to provoke a fear of subluxation.



Hawkins-Kennedy Test

Position the arm in front of the patient's body with 90° of shoulder flexion and 90° of elbow flexion.



While stabilizing the elbow, press the hand downward and attempt to provoke a pain response.



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Neer's Test

With 90° of internal shoulder rotation, elevate the arm to 150° of shoulder flexion.

Apply further shoulder flexion up to 180° to attempt to provoke a pain response.



Empty Can Test

With full shoulder internal rotation, elevate the shoulder to 90° of flexion.

Apply downward force from the wrist joint to assess the patient's strength. If one side of the patient is weaker than the other, the test is positive.



O'Brien's Test

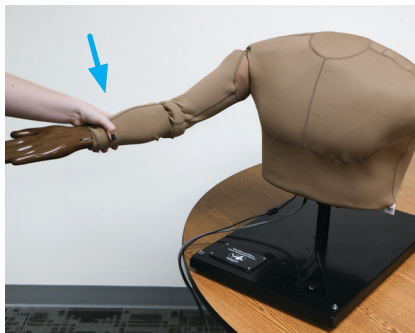
With full shoulder internal rotation, elevate the shoulder to 90° of shoulder flexion.

Apply downward force from the wrist joint to attempt to provoke a pain response.



Repeat the test with full external shoulder rotation to see if the pain response lessens in full internal rotation versus external rotation.

Apply downward force from the wrist joint to attempt to provoke a pain response.



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Belly Press Test

Position the trainer with its hand in front of the belly and 90° of elbow flexion.

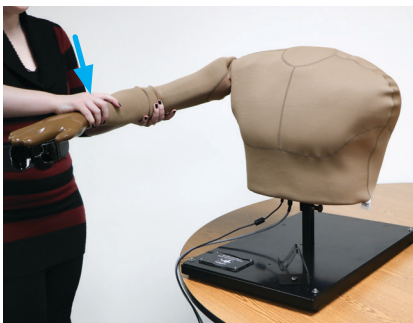
Press the trainer's arm against its belly. If it is injured, the elbow will drop below the midline.



Hornblower's Test

While supporting the trainer's elbow, position the arm as shown with 90° of elbow flexion.

Attempt to rotate the trainer's arm forward, assessing for asymmetric strength between each side.



Cleaning Instructions

Spot clean the trainer with a damp cloth and soap.

Downloads

We want to make sure you have the tools you need to get started in your classroom. Our Downloads page houses this trainer's:



Curriculum



Slide
Presentations



Completion
Certificate



Scenario Cards



Test Sheet

SHOULDER AND ELBOW INJURY ASSESSMENT TRAINER

Additional Help and Information

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