

Additional File 1. Clinical examination variables

Clinical examination component	Response outcome
Self Report Questionnaires	
SF-8 Health Survey	% (dichotomised by median)
Shoulder Pain and Disability Index (SPADI)	% (dichotomised by median)
Fear Avoidance Beliefs Questionnaire (FABQ)	% (dichotomised by median)
Patient History	
<i>Medical screening questionnaire:</i> Medical conditions Smoking status	Dichotomous responses
<i>Symptom chart:</i> Pain location Pain intensity Nature of pain Night pain disturbs sleep Able to sleep on affected side Aggravating activities Easing activities	Categorical (anterior, posterior, superior, lateral, deep) 100mm VAS Constant/intermittent Yes/No Yes/No List List
<i>History of current episode:</i> Date of onset Mechanism of pain onset Previous history of shoulder pain Previous episodes fully resolved Family history of shoulder pain	Date Traumatic, strain, repetitive, insidious Yes/No Yes/No Yes/No
Physical Examination	
Height/weight	Standard SI units
<i>Observation:</i> Supraspinatus atrophy Infraspinatus atrophy ACJ swelling/thickening	Present/absent
<i>Cervical spine testing:</i> Reproduction of shoulder symptoms Production of cervical spine symptoms	Yes/No
<i>Shoulder active ROM:</i> ^a Elevation (flexion) Hand-behind-back Hand-behind-head	ROM (°); symptom responses: Yes/No ROM (cm); symptom responses: Yes/No ROM (cm); symptom responses: Yes/No
^a <i>Shoulder passive ROM:</i> Glenohumeral abduction External rotation (0° abd) External rotation (90° abd) Internal rotation (90° abd) Cross-body adduction	ROM (°); symptom responses: Yes/No
^a <i>Shoulder resisted tests:</i> Abduction External rotation Internal rotation	Peak muscle force (kg); symptom responses: Yes/No
<i>Scapuloclavicular tests:</i> Elevation Depression Protraction Retraction	Symptom responses: Yes/No
<i>Orthopaedic special tests:</i> Painful arc abduction	Positive/Negative according to original test criteria.

Hawkins-Kennedy test Empty can test Drop-arm test External rotation lag sign Belly press test Active compression test Speeds test Apprehension/Relocation test	
<i>Palpation:</i> Acromioclavicular joint Greater tuberosity (supraspinatus insertion) Lesser tuberosity (subscapularis insertion) Long head of biceps tendon	Typical pain reproduced Yes/No

Abbreviations: VAS, visual analogue scale; ACJ, acromioclavicular joint; ROM, range of motion