

Bear Hug Test

Name	Date
<p>The Bear Hug Test is a physical examination technique used to diagnose various shoulder conditions such as rotator cuff tear, labral tear, or shoulder instability.</p>	
<p>Instructions</p> <ol style="list-style-type: none">1. First, explain the procedure to the patient and ask for their consent to perform the test.2. Have the patient stand upright and ask them to place their arms across their chest, with their hands resting on the opposite shoulders.3. Stand behind the patient and place your hands on the patient's elbows.4. Gently apply pressure to the patient's elbows and slowly push their arms together towards the midline of their body.5. Observe the patient's facial expression and ask if they feel discomfort or pain.6. Release the pressure and ask the patient if they experienced any pain during the test.	
<p>Reminders</p> <ul style="list-style-type: none">• Before performing any physical examination techniques, ensure that you have obtained the patient's consent and explained the procedure to them clearly.• Be gentle when applying pressure to the patient's elbows and avoid excessive force to prevent injury.• If the patient experiences any pain during the test, stop immediately and document your findings in their medical record.• Remember this is just one of many physical examination techniques used to evaluate the shoulder joint, and it should be used in conjunction with other tests to help diagnose a patient's specific condition.	
<p>Additional notes</p>	