

Bicep Tear Test

Patient Information

Patient Name:

Age:

Gender:

Occupation:

Physical Activities:

History of Previous Injury:

Area of Pain/Discomfort:

Test Name	Patient Position	Test Description	Positive Sign	Score (0 - 1)
Yergason's Test	Seated or standing	The patient's elbow is flexed to 90 degrees with the thumb up. The patient is then asked to supinate the forearm against resistance.	Pain or a 'pop' in the bicep groove	
Ludington's Test	Seated or standing	The patient clasps both hands behind the head and contracts the biceps. The examiner observes and palpates both biceps tendons.	Absence of movement or tension on the affected side when the biceps muscle is contracted	
Biceps Squeeze Test	Seated or standing	The patient's elbow is flexed to 60-80 degrees. The examiner applies pressure to the biceps muscle.	Absence of forearm supination or elbow flexion when pressure is applied to the biceps muscle	
Hook Test	Seated or standing	The patient's elbow is flexed to 90 degrees. The examiner tries to 'hook' their index finger under	It's impossible to 'hook' the index finger under the bicep tendon	

		the bicep tendon from the lateral side.		
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Scoring Interpretation

0 – Negative Sign (no pain or discomfort during test)

1 – Positive Sign (pain or discomfort reproduced during test)

A score of one of two more tests indicate a positive finding for bicep tear.

Additional Notes

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