

Biceps Tendonitis Test

Patient Information

Patient Name: _____ Date of Birth: _____

Gender: _____ Date of Assessment: _____

Assessor Name: _____

Test Name	Position	Test Description	Positive Sign	Score (0 - 1)
Speed's Test	Standing	With the patient's elbow extended and forearm supinated, ask them to flex their shoulder against resistance.	Pain or discomfort in the bicipital groove area.	
Yergason's Test	Sitting	With the patient's elbow flexed at 90 degrees and forearm pronated, ask them to supinate against resistance.	Pain or discomfort in the bicipital groove area.	
Neer's Impingement Test	Standing	Stabilize the patient's scapula and passively flex their shoulder with the forearm pronated.	Pain or discomfort in the anterior shoulder region.	
Hawkins-Kennedy Impingement Test	Standing	With the patient's shoulder at 90 degrees flexion and elbow at 90 degrees flexion, internally rotate the arm.	Pain or discomfort in the anterior shoulder region.	

Scoring Interpretation

0 - Negative sign (no pain or discomfort during test)

1 - Positive sign (pain or discomfort reproduced during test)

A score of 1 on two or more tests indicates a positive finding for biceps tendonitis.

Additional Notes