

Clunk Test

Patient's full name:

Date accomplished:

Conductor's full name:

What you need:

A comfortable examination bed for your patient

Instructions:

- Have your patient lie down on it in a supine position. They should be close to the edge so that their affected shoulder is slightly over the edge of the bed.
- Stand beside the patient on the side with the affected shoulder.
- Use one of your hands to hold the posterior aspect of the glenohumeral joint.
- Use your other hand will hold the bicondylar aspect of the humerus above the elbow.
- Fully abduct the patient's arm over their head.
- While abducting the patient's arm, apply an anterior force to the humerus and externally rotate the arm.

IMPORTANT: Be alert for certain feelings like clicking, locking, grinding, or snapping.

If you feel and/or hear any of these while performing the Clunk Test, and if the patient groans in pain or discomfort (or if their face reflects pain or discomfort), then the patient is **positive** for a possible shoulder labral tear.

If you don't feel or hear any of these while performing the Clunk Test, then the patient is **negative**.

Patient Results:

- Positive**
- Negative**

Additional Comments: