

# Crank Test

**Patient's Name:**

**Date:**

**Examiner's Name:**



Illustration via: ORTHOFIXAR

## **Note:**

You can conduct the test with the patient in a sitting or supine position.

## **Instructions:**

1. Have your patient either sitting or in a supine position.
2. Elevate the patient's affected arm. Note that the shoulder must be 160 degrees in elevation so that the humerus is in the scapular plane.
3. Flex the elbow 90 degrees.
4. Gently apply pressure from the humerus down to the shoulder.
5. Keep doing step 4 while externally and internally rotating the shoulder.

## **Test Result:**

(+) Positive Test if:

- The patient expresses pain
- There is clicking or catching

## **Patient's Results**

- Negative
- Positive

## **Notes:**