Cross Arm Test

Name	Date
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The Cross Arm Test, also known as the Scarf Test, is a clinical maneuver used in the evaluation of shoulder pain and possible impingement. It is designed to assess for impingement of the supraspinatus tendon, which is one of the rotator cuff tendons in the shoulder.

Instructions

1. Ask your patient to stand or sit up straight with their shoulders relaxed. Make sure they feel comfortable before proceeding.
2. Show your patient how to perform the Cross Arm Test. You can use your own arm as an example. Cross one arm over your chest and reach towards the opposite shoulder.
3. Support your patient's arm as they attempt the movement. Gently guide their affected arm across their chest, ensuring they don't strain or force it.
4. Once their arm is across their chest, place your hand on their elbow for support. Apply gentle downward pressure while maintaining control.
5. As you apply pressure, ask your patient to let you know if they experience any pain, discomfort, or a feeling similar to their usual shoulder symptoms. Observe their facial expressions and listen carefully to their feedback.
6. If the Cross Arm Test reproduces their symptoms or causes pain, it suggests possible supraspinatus tendon impingement. Document this observation in your assessment.

Reminders

- Always ensure patient comfort throughout the procedure. If they experience excessive pain or discomfort, stop the test and reassess the situation.
- Be mindful of the amount of pressure applied during the test. It should be gentle to avoid causing unnecessary pain or injury.
- Communicate clearly with your patient during the test. Encourage them to express any sensations they experience, even if they seem minor.
- The Cross Arm Test is just one part of a comprehensive assessment. Consider the results along with other findings to form a complete picture of the patient's condition.
- Remember to maintain professionalism and respect patients' boundaries and privacy during the examination.

Additional notes

The patient reported localized pain and discomfort in the shoulder during the test. The pain was reproduced when their affected arm was crossed over their chest and they reached towards the opposite shoulder. This finding indicates the need for further evaluation and targeted treatment to address the underlying shoulder condition and alleviate the patient's discomfort.