

# Drop Arm Test

**Name:**

**Date:**

The Drop Arm Test is a clinical test used to assess shoulder function and detect possible rotator cuff tears. It is typically performed by a healthcare professional, such as a physical therapist or doctor.

## Instructions

1. Begin by having the patient sit or stand upright with their arms relaxed at their sides.
2. Ask the patient to slowly raise their arm out to the side to shoulder level, keeping their elbow straight.
3. Observe the patient to ensure that they are able to fully abduct their arm to shoulder level and that they are not experiencing any pain or discomfort.
4. Once the patient has fully abducted their arm to shoulder level (about 90 degrees), ask them to slowly lower their arm back down to their side.
5. Observe the patient closely during the descent of their arm. Look for any signs of weakness, pain, or inability to maintain the position.
6. If the patient is unable to maintain the position or experiences sudden pain during the descent, the test may be positive for a rotator cuff tear.
7. Depending on the result of the test, further evaluation and treatment may be necessary.

## Reminders

- Always perform the test under proper lighting and with the patient in a comfortable position.
- Make sure to explain the procedure to the patient beforehand and ask for their consent.
- Use proper body mechanics and support the patient's arm during the test to avoid injury.
- Remember that the test is not definitive and should be used in combination with other diagnostic tests.
- Note the patient's response during the test and any pain or discomfort they experience.
- Always document the results of the test and any additional findings in the patient's medical record.
- If a rotator cuff tear is suspected, refer the patient to an appropriate healthcare provider for further evaluation and treatment.

## Notes: