

Empty Can Test

Name:

Date:

The Empty Can Test is a clinical test used in orthopedic and sports medicine to assess shoulder impingement and rotator cuff dysfunction. It is also known as the Jobe Test or Jobe Relocation Test, named after Dr. Jobe, a renowned orthopedic surgeon who developed the test.

Instructions

1. Position the patient standing or sitting comfortably with the arm to be tested at the side of the body.
2. Instruct the patient to flex their shoulder to 90 degrees with the elbow extended, as if they were pouring liquid out of an empty can, with their thumb pointing downward.
3. Apply downward pressure on the patient's arm at the wrist, while asking the patient to resist your force.
4. Ask the patient to hold the position for several seconds while you gradually increase the pressure.
5. Observe the patient for any signs of pain, weakness, or discomfort during the test.
6. Repeat the test with the arm positioned at 45 degrees of shoulder abduction and with the thumb pointing up (full can test).
7. Compare the results of both tests and note any differences in pain or weakness between the two positions.
8. If the patient experiences pain or weakness during either test, further evaluation may be necessary to determine the underlying cause.

Reminders

- Make sure the patient is comfortable and stable during the test, and be careful not to apply excessive force that could cause injury.
- Start with a small amount of force and gradually increase the pressure while observing the patient for any signs of pain or weakness.
- This may not be appropriate for all patients, and individual factors such as age, medical history, and physical condition should be taken into account when deciding whether to perform the test.

Notes