

Full Can Test

Patient's Name:

Age:

Date of Birth:

Sex:

The Full Can Test, also known as the Empty Can Test, is a physical examination test commonly used in orthopedic evaluations to assess the integrity of the supraspinatus tendon and muscle part of the rotator cuff in the shoulder. This test is designed to help identify shoulder injuries or conditions, such as a rotator cuff tear.

Step	Instructions	Findings
1	Position the patient to stand upright, with their arms extended straight out to their sides, parallel to the floor.	
2	Instruct the patient to rotate their arms so that their thumbs are pointing upwards, imitating the action of holding a full can of soda.	
3	Stand facing the patient, placing your hands on their extended arms.	
4	Ask the patient to resist as you apply downward pressure on their arms.	
5	Observe for any signs of weakness or pain during resistance, and note whether the patient can maintain the position of their arms against your pressure.	
6	If the patient experiences pain or weakness during this test, this may indicate a problem with the supraspinatus muscle or tendon.	

7	Document the test results, noting any pain, weakness, or inability to resist downward pressure.	
8	If positive, consider further diagnostic tests such as imaging studies for confirmation.	

Overall impression: