

Hawkins Test

Hawkins Test is a clinical test used to diagnose impingement of the rotator cuff and other structures in the shoulder joint.

The **Hawkins Test** is often used in conjunction with other clinical tests and imaging studies to diagnose shoulder injuries and determine appropriate treatment plans.

Patient's name: _____ **Date:** _____

Age: _____ **Gender:** _____

Indication	Equipment
To assess for impingement of the rotator cuff and other structures in the shoulder joint.	None
Instructions to patient	
Stand or sit upright with the arm to be tested at the side of your body.	
Instructions to the examiner	
<ul style="list-style-type: none">• Flex the patient's arm to 90 degrees at the elbow and elevate the arm to 90 degrees at the shoulder so that the arm is parallel to the ground.• Place one hand on the patient's forearm to stabilize the elbow and prevent movement at the elbow joint.• On the other hand, internally rotate the patient's arm by pushing down on the patient's wrist, causing the shoulder joint to rotate inward.• During this movement, note any pain or discomfort reported by the patient.	
Interpretation	
Positive test: The patient reports pain or discomfort in the shoulder region, particularly around the front and top of the shoulder. This may suggest the possibility of rotator cuff impingement or other shoulder joint pathology.	
Negative test: The patient does not report any pain or discomfort during the test.	
Additional notes	

Notes: The Hawkins Test is often used in conjunction with other clinical tests and imaging studies to diagnose shoulder injuries and determine appropriate treatment plans. A positive test does not necessarily indicate a specific diagnosis but suggests the possibility of rotator cuff impingement or other shoulders joint pathology.