

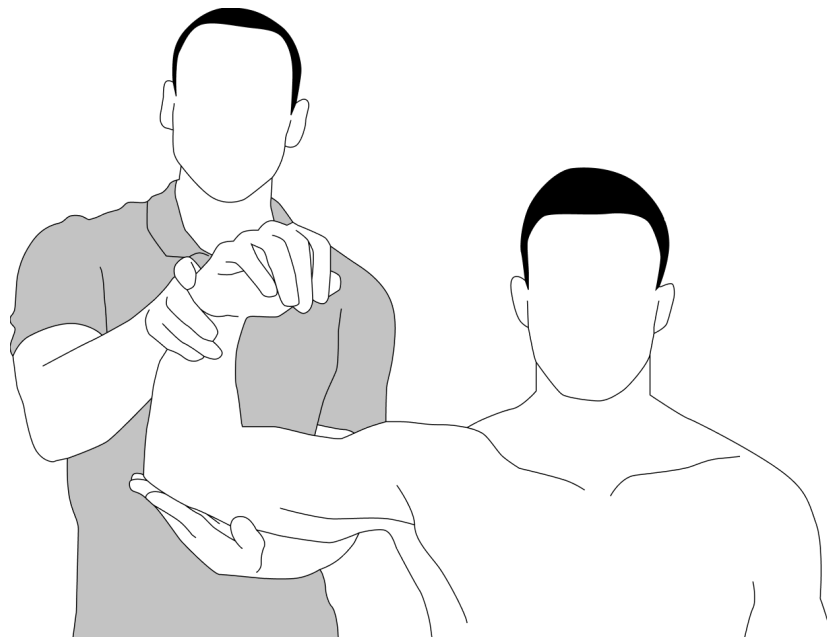
Hornblower Test

Name: _____ Age: _____

Assessor: _____ Date of assessment: _____

Instructions

1. Ensure the patient is in a standing position.
2. Grasp the patient's arm and passively elevate it to 90 degrees in the scapular plane.
3. Flex the patient's elbow to 90 degrees while maintaining shoulder elevation.
4. Ask the patient to actively externally rotate their shoulder against your resistance.



5. Observe for weakness or inability to maintain external rotation, which may indicate a posterior rotator cuff tear, specifically involving the teres minor.

Results

Additional notes

Positive: The patient is unable to externally rotate against resistance or exhibits significant weakness, indicating posterior rotator cuff pathology, particularly teres minor insufficiency.

Negative: The patient is able to externally rotate against resistance without difficulty, suggesting normal function of the rotator cuff.

Magee D. J. (2022). *Shoulder orthopedic physical assessment*. 7th Edition. Philadelphia. Elsevier.

Physiotutors. (2018). Hornblower's sign | teres minor & infraspinatus insufficiency. In *Youtube*.
<https://www.youtube.com/watch?v=am5XZ1VnoLc>