

Hornblower Test

Patient's full name: _____

Date assessed: _____

Clinician's full name: _____

What you need: a chair (optional)

Instructions:

- Have your patient sit down or stand up. Go with what's comfortable for them.
- Take your patient's affected arm gently, then position them 90 degrees in the scapular plane.
- Flex their elbow to 90 degrees.
- Tell your patient to maintain the position of their arm for the rest of the test.
- Apply pressure to push their arm downward. Press on their arm/hand using your arm/hand.
- Have your patient counter the resistance by externally rotating their arm (rotate upward) for a few seconds or a minute.

Results:

- If your patient is able to externally rotate their arm with no problem and fully resist the downward pressure you're applying, then this test is **negative**.
- If your patient is not able to externally rotate their arm and ends up internally rotating it instead (rotating it downward), this test is **positive**.

Positive

Negative

Additional Comments: