

Jerk Test

Patient:

Date:

Complaint:

Step	Instructions
1	Have the patient sit upright with their feet flat on the floor. Stand behind the patient.
2	Grasp the patient's affected arm at the elbow and the wrist.
3	Abduct the patient's arm to 90 degrees while maintaining it in internal rotation and horizontal adduction across the chest.
4	Apply an axial load to the humerus.
5	Quickly horizontally adduct and internally rotate the arm while maintaining the axial load.
6	Observe for any signs of a positive test: a sharp pain in the shoulder, a clunk, or the patient's report of the shoulder "giving way."
7	If any of these signs are present, this suggests the presence of a posterior labral tear or posterior instability of the glenohumeral joint.
8	Document the findings and, if necessary, refer the patient for further diagnostic imaging or a specialist for further evaluation and management.

Remember, this test should be performed within the scope of your professional training and abilities. The results should be interpreted in the context of the patient's full clinical presentation.

Clinical Evaluation:

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Jerk Test Procedure:

Findings:

Recommendations: