

# 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:**