

# Load and Shift Test

Name	Date
<p>The Load And Shift Test is a physical examination maneuver used by healthcare professionals, particularly orthopedic specialists, to assess the stability of the shoulder joint. It is typically performed to diagnose shoulder instability, which can result from an injury or underlying condition such as shoulder dislocation, labral tear, or ligament injury.</p>	
<p><b>Instructions</b></p> <ol style="list-style-type: none"><li>1. Have the patient sit or stand comfortably and expose the affected shoulder for examination.</li><li>2. Ask the patient to raise their arm to a 90-degree angle and bend their elbow.</li><li>3. Place one hand on the patient's upper arm and the other hand on the lateral aspect of the shoulder joint to stabilize it.</li><li>4. Apply a gentle downward force on the patient's humeral head (the ball-shaped top of the upper arm bone) to load the joint.</li><li>5. Slowly and gently shift the humeral head anteriorly (toward the front) and posteriorly (toward the back) to assess for any instability.</li><li>6. If the humeral head shifts significantly, note the degree of translation and the direction of instability.</li><li>7. Repeat the test on the other shoulder for comparison.</li></ol>	
<p><b>Reminders</b></p> <ul style="list-style-type: none"><li>• Be gentle and cautious during the examination to avoid causing discomfort or further injury to the patient.</li><li>• Ask the patient to communicate any pain or discomfort they may feel during the test.</li><li>• Ensure that the patient's shoulder is relaxed and in a neutral position before beginning the test.</li><li>• Always compare the affected shoulder to the unaffected shoulder for comparison and note any differences in stability.</li><li>• Interpret the test results in conjunction with other examination findings and imaging studies to make an accurate diagnosis.</li></ul>	
<p><b>Additional notes</b></p>	