

Neer's Test

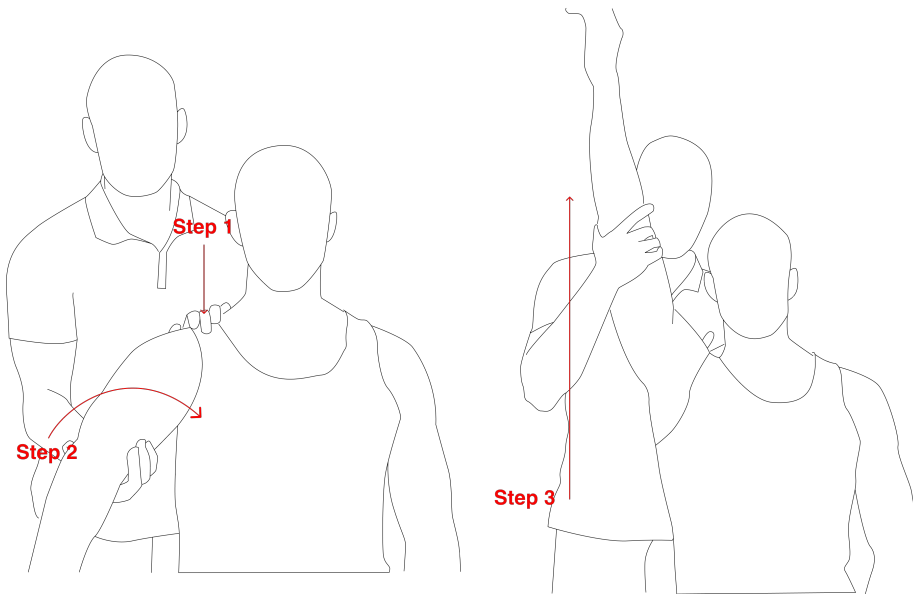
Patient's name: _____ Age: _____

Gender: _____ Date: _____

Examiner: _____

Test procedure

1. Stabilize the patient's scapula on the affected side with one hand.
2. Passively rotate the patient's arm on the affected side internally.
3. Passively flex the arm maximally on the glenohumeral joint while maintaining internal rotation.



Results and interpretation

Positive result: The maneuver reproduces shoulder pain on the injured side.

Anterior pain: This indicates subacromial impingement.

Posterior pain: This indicates internal impingement.

Negative result: No pain or symptom is provoked or reproduced.

Additional notes

Neer, S., & Welsh, R. P. (1977). The shoulder in sports. *Orthopedic Clinics of North America*, 8(3), 583–591. <https://pubmed.ncbi.nlm.nih.gov/329174/>

Physiotutors. (2015, June 22). *Neer test | Subacromial pain syndrome*. YouTube. https://www.youtube.com/watch?v=bXA8cbIZUok&ab_channel=Physiotutors