Shoulder Painful Arc Test

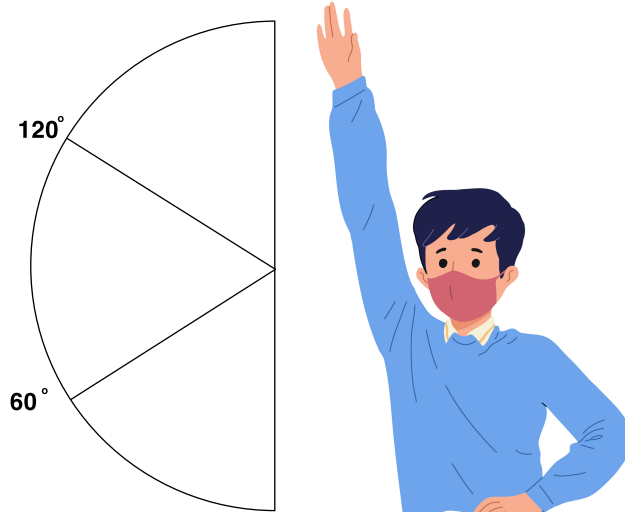| Name:	Date:
Examiner's Name:	

Instructions:

1. Have the patient in a sitting or standing position.
2. Ask them to slowly abduct their arm/s with their thumbs pointing upwards, or, in simpler terms, ask them to lift their arm to the side slowly.
3. Ask them to stop when they feel pain.
4. Then, ask them to keep going until the pain stops and they reach 180 degrees on the scapular plane.
5. Afterward, ask them to slowly lower their arms and stop when they feel pain again.
6. Finally, ask them to lower it further until their arm/s is/are at their side.
7. You may ask them to repeat the test once more.

Test Result:

Positive Test if:

- The patient feels pain when their arm is between 60 and 120 degrees on the scapular plane.

Patient's Result: ☐ Positive ☐ Negative

Notes:

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