Shoulder Painful Arc Test

Name:	Date:
Examiner's Name:	

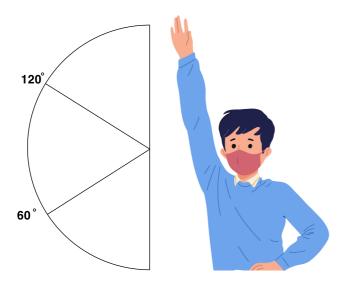


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Instructions:

Test Result:

- 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.

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: