

# Pronator Drift Test

**Patient's full name:**

**Date assessed:**

**Clinician's full name:**

## What you need:

A chair (optional), stopwatch

## Instructions:

- Ensure your patient is awake and can follow instructions.
- Tell them what this test is for. Tell them to let you know when they're ready.
- When they're ready, have them sit up straight and stand up straight. Go with what's comfortable for the patient.
- Tell them to close their eyes and to keep them closed until the test is over.
- Have them extend their arms forward and keep their hands supinated (their palms should be facing up).
- The patient needs to keep their arms in place for twenty to thirty seconds. Start timing them when they're in place.
- Observe their arms and do make sure that you're using a stopwatch to time the test for twenty or thirty seconds.
- You may also tap their arms and push them downward a bit to see if they will return to their previous position or not, or if it springs upward and misses the starting point

## Results:

- **Negative:** the patient can maintain the position of their arms for the duration of the Pronator Drift Test
- **Positive:** the patient's arm drifts (especially if they don't notice) and can't place them back in their original positions

**Positive**

**Negative**

**Comments:**