

# Resisted Supination External Rotation Test

## Patient information

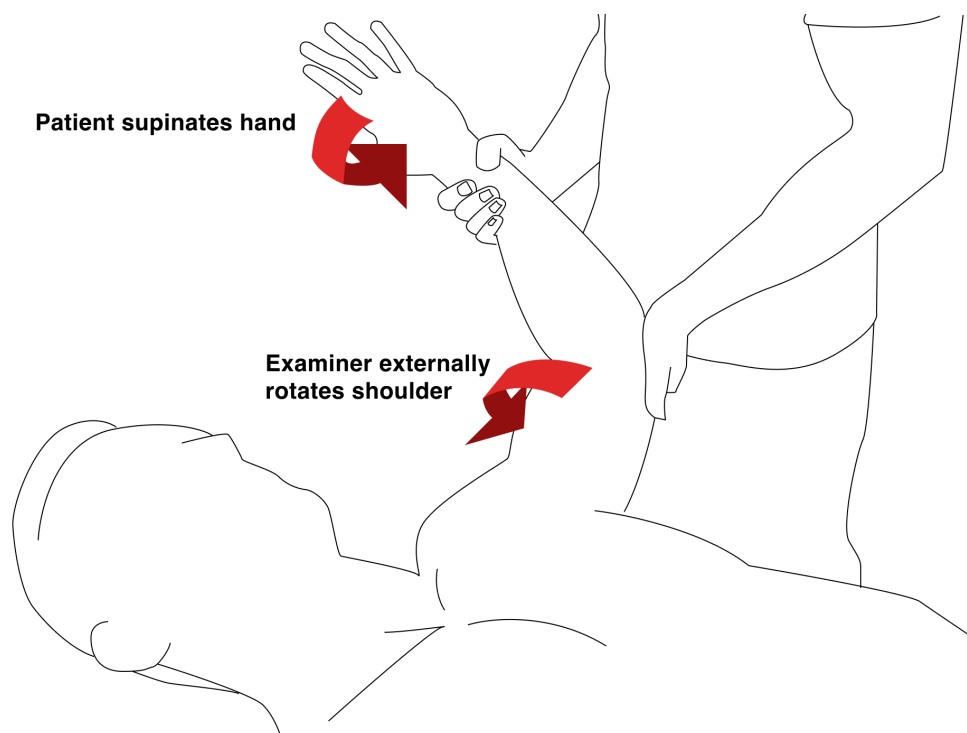
Name:

Age:

Date:

## Test procedure

1. Position the patient in a supine position with the scapula of the affected side near the edge of the table.
2. Support the patient's arm at the elbow and hand.
3. Place the patient's arm into 90 degrees of abduction with the elbow flexed to 65-70 degrees.
4. Position the forearm in neutral or slight pronation.
5. Ask the patient to supinate the hand with maximal effort.
6. Simultaneously, maximally externally rotate the patient's shoulder.
7. Ask the patient to describe any symptoms experienced during the test.



## Test findings

**Positive:** The patient experiences at least one of the following:

- Anterior or deep shoulder pain
- A click or catch in the shoulder during the motion
- Reproduction of symptoms that occur during a throwing motion

**Negative:** None of the above listed signs are felt

## Additional notes

## Examiner information

Name:

Contact number:

Email:

Signature:

Myers, T. H., Zemanovic, J. R., & Andrews, J. R. (2005). The resisted supination external rotation test. *The American Journal of Sports Medicine*, 33(9), 1315–1320.  
<https://doi.org/10.1177/0363546504273050>

Physiotutors. (2021, July 9). *Resisted supination external rotation test | Slap lesion*. YouTube.  
[https://www.youtube.com/watch?v=6sgovZIATZI&ab\\_channel=Physiotutors](https://www.youtube.com/watch?v=6sgovZIATZI&ab_channel=Physiotutors)