

# Roos Stress Test

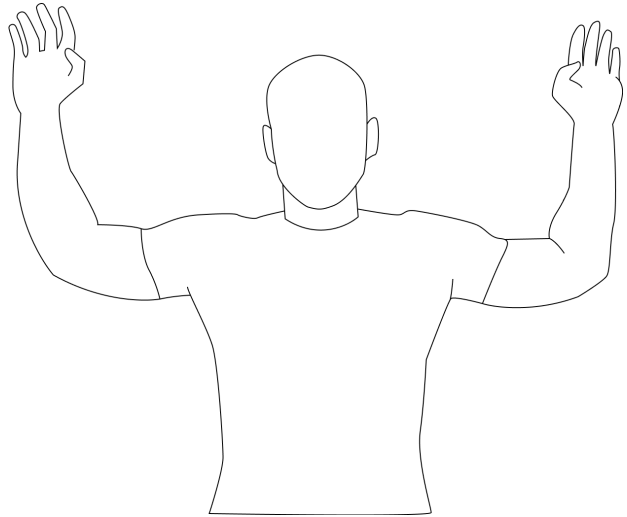
Patient's name: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner: \_\_\_\_\_ Date: \_\_\_\_\_

## Test procedure

1. With the patient standing or sitting, ask them to abduct their shoulders.
2. Ask them to externally rotate their arms.
3. Ask them to flex their elbows to 90 degrees.
4. Ensure that their elbows are slightly behind the frontal plane of the chest.
5. Instruct the patient to open and close their hands for 3 minutes while maintaining this position.



## Results and interpretation

**Positive result:** Discoloration of hands, inability to maintain position for 3 minutes, or reproduction of the following symptoms:

- Heaviness
- Ischemic pain
- Weakness of arms
- Numbness or tingling of fingers
- Discoloration of hands

**Negative result:** No pain or symptom is provoked or reproduced, and the patient is able to maintain position and repeatedly open and close their hands for 3 minutes. Discomfort or fatigue are not positive results.

## Additional notes

Brantigan, C. O., & Roos, D. B. (2004). Diagnosing thoracic outlet syndrome. *Hand Clinics*, 20(1), 27–36. [https://doi.org/10.1016/s0749-0712\(03\)00080-5](https://doi.org/10.1016/s0749-0712(03)00080-5)

Physiotutors. (2015, April 9). *Roos Test | thoracic outlet syndrome*. YouTube. [https://www.youtube.com/watch?v=rM4fB-t\\_I9E](https://www.youtube.com/watch?v=rM4fB-t_I9E)