

# Shoulder Abduction Test

**Patient's full name:**

**Date accomplished:**

**Conductor's full name:**

## What you need:

A comfortable examination bed or chair. This is optional because the test can be performed while the patient stands up.

## Instructions:

- Have your patient sit down on an examination bed or chair. Or, you can have them stand up.
- Tell the patient to raise their affected arm above their head. This is the abduction.
- Tell them to flex their elbow toward their head.
- Have them plant the palm of their hand on the top of their head while keeping the arm over the head and flexing the elbow.
- Tell them to maintain this position for 30 seconds.

If there is a reduction of pain or if it is relieved while maintaining the position for thirty seconds, then the test is considered **positive**. Please endorse the patient for further examination to confirm the specific problem or any other problems that might be present.

If the patient doesn't experience any pain at all throughout this whole exam, then they are **negative**.

If the patient still feels pain when abducting their shoulders and maintaining the required position for thirty seconds, then they are still **negative** for this test, but there is obviously a problem. So, the next step should be to endorse them for further examination to determine the problem.

## Patient Results:

- Positive
- Negative but still feels pain while maintaining the shoulder abduction position
- Negative because the patient didn't feel any pain at all during the test

## Additional Comments:

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