

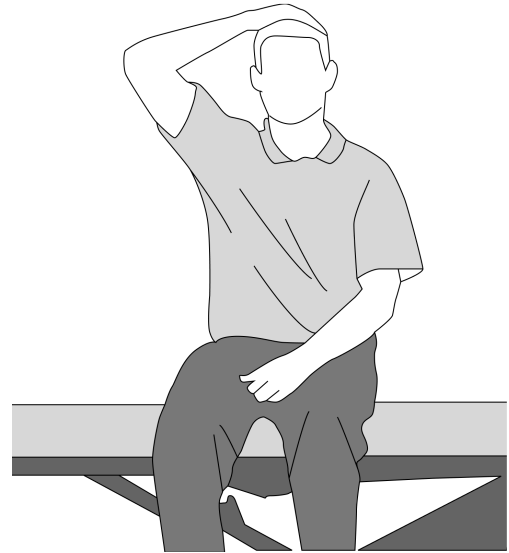
Shoulder Abduction Test

Patient's name: _____ Age: _____ Gender: _____

Examiner: _____ Date: _____

Test procedure

1. Ask the patient to sit.
2. Ask the patient to actively raise the arm in which they are experiencing symptoms and to rest their hand on top of their head. If the patient is unable to do so, you may passively raise it yourself.
3. Observe and ask the patient for worsening or relief of symptoms.
4. Test the other arm as well if it is also experiencing symptoms.



Results and interpretation

Positive: Symptoms are reduced in the affected arm when the hand is resting on the head. This indicates that the traction force to nerves and the lower brachial plexus trunks are relieved, reducing pain; while the mechanical traction increases while the arm is hanging on the side, increasing symptoms.

Negative: The patient experiences worsening or no relief of the symptoms while they have their hand on their head. If the symptoms worsen, it indicates inter-scalene compression.

Additional notes

Magee, D. J. (2008). *Orthopedic physical assessment (5th edition)*. Elsevier.

The Student Physical Therapist. (2017, May 21). *Bakody's sign*. YouTube.
https://www.youtube.com/watch?v=Ulex5_XoU04

Wainner, R. S., Fritz, J. M., Irrgang, J. J., Boninger, M. L., Delitto, A., & Allison, S. (2003). Reliability and diagnostic accuracy of the clinical examination and patient self-report measures for cervical radiculopathy. *Spine*, 28(1), 52–62. <https://doi.org/10.1097/00007632-200301010-00014>