

Shoulder Apprehension Test

Client Information:

Name:

Date of Birth:

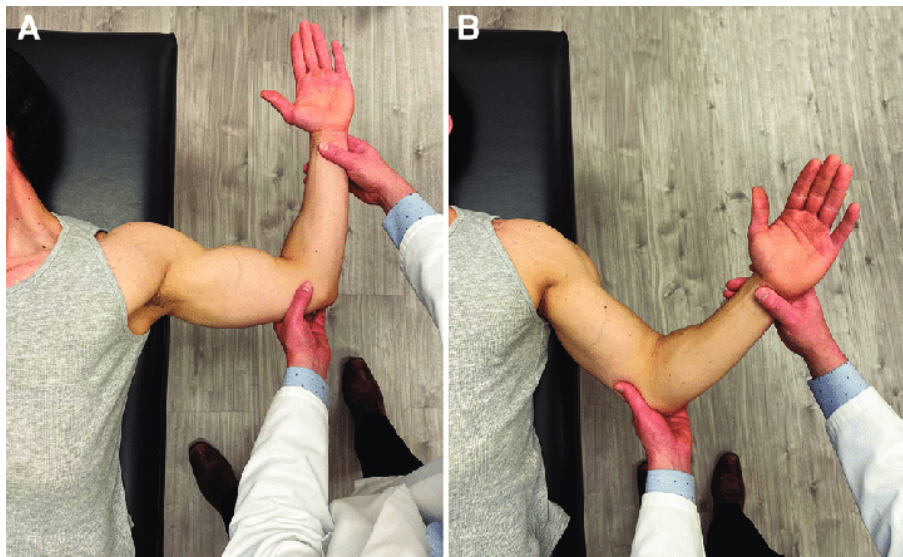
Gender:

Address:

Phone Number:

Email Address:

Date of Consultation:



Bony Apprehension Test for Identifying Bone Loss in Patients With Traumatic Anterior Shoulder Instability: A Validation Study - Scientific Figure on ResearchGate. Available from:
https://www.researchgate.net/figure/A-Anterior-apprehension-test-B-Bony-apprehension-test-For-each-test-the-patient-is_fig2_359641158

Assessment Procedure:

1. Position the patient supine on an examination table.
2. Explain the procedure to the patient, ensuring their understanding and cooperation.
3. Inspect the shoulder for any visible abnormalities or asymmetry.
4. Palpate the shoulder to assess for tenderness or swelling.
5. Perform active and passive range of motion (ROM) tests to assess baseline shoulder mobility.
6. Begin the Shoulder Apprehension Test as follows:

- A. Stand on the side of the affected shoulder.
 - B. Flex the patient's elbow to 90 degrees and externally rotate the shoulder.
 - C. Gradually abduct the patient's arm while maintaining external rotation.
 - D. Observe the patient's face and ask if they experience any apprehension, pain, or discomfort.
 - E. Note any signs of muscle guarding, hesitation, or verbal cues indicative of apprehension.
7. If the patient experiences apprehension or discomfort, slowly return the arm to the starting position.
8. Repeat the test on the unaffected shoulder for comparison if necessary.
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Description of the patient's condition:

Findings:

Presence of apprehension or discomfort:

Yes

No

Description of patient's response:

Presence of muscle guarding:

Yes

No

Other observations:

Recommendation:

Notes: