

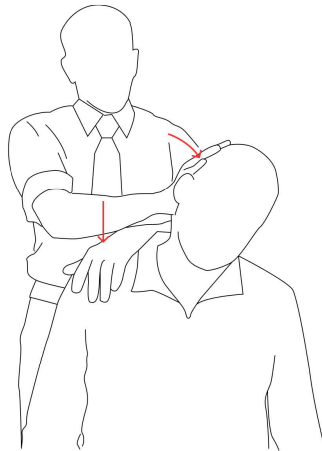
Shoulder Depression Test

Patient's name: Emily Rodriguez Age: 26 Gender: Female

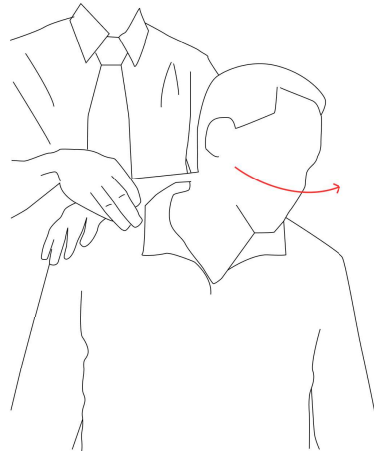
Examiner: Dr. Mark Davidson, DPT Date: Jan 22, 2025

Test procedure

1. The test can be performed with the patient standing, sitting, or lying supine. Ask the patient to get into their chosen position or whichever position you prefer.
2. Identify the affected shoulder that needs to be tested for impingement or discomfort.
3. Ask the patient to actively flex their head laterally to the opposite side of the side to be tested (i.e. if the patient experiences symptoms on their right side, they should laterally flex their head to the left).
4. Once the patient reaches the end range, use your hand to brace the patient's head in that position. Do not place additional pressure; you are only meant to keep their head stable in that position.
5. While bracing the patient's head, place your other hand on the shoulder to be tested and apply downward pressure. Observe for symptoms.
6. Remove your hand from the patient's head, then while they have their neck laterally flexed, ask them to turn their head in that direction (i.e. if the side to be tested is the right shoulder and the patient laterally flexed to the left, ask the patient to turn their head to the left).



Step 5



Step 6

Findings

- ☒ **Positive** - Symptoms are reproduced and experienced down the arm.
- ☐ **Negative** - No symptoms are reproduced.

Additional notes

Patient reports intermittent sharp pain and tingling down the right arm, worse with overhead movements. Possible C5-C6 nerve root compression, further diagnostic testing (e.g., MRI, EMG) may be warranted. Recommend cervical traction, nerve glides, postural correction, and strengthening exercises. Advised ergonomic adjustments at work to reduce strain on the cervical spine. Follow-up in 2 weeks to assess response to treatment.

Ccedseminars. (2017, December 18). *Shoulder depression test*. YouTube.
https://www.youtube.com/watch?v=ETx4WB_5DzA

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>