

# Shoulder Depression Test

Name:	Date:
Date of birth:	Gender:
Contact details:	
<b>Instructions</b>	
<ol style="list-style-type: none"><li>1. Communicate the procedure to the patient, explaining that specific movements will be performed to evaluate the shoulder joint.</li><li>2. Ensure the patient understands the procedure and provides consent.</li><li>3. Ask the patient to sit comfortably on an examination table or chair, with good posture and the back straight.</li><li>4. Identify the affected shoulder that needs to be tested for impingement or discomfort. This test can be performed on one shoulder at a time.</li><li>5. To prevent unnecessary movement, ask the patient to hold onto the seat or table with the hand on the opposite side (not the shoulder being tested).</li><li>6. With the patient's consent and cooperation, gently grasp the patient's affected wrist or forearm with one hand. Using the other hand, apply gentle downward pressure on the affected shoulder, aiming to depress the shoulder towards the floor.</li><li>7. Ask the patient if they experience any pain, discomfort, or unusual sensations in the shoulder while you're applying the downward pressure. Observe their facial expressions and reactions for signs of discomfort.</li><li>8. Pain or discomfort felt by the patient during shoulder depression, particularly in the top or outer part of the shoulder, might indicate impingement of structures within the shoulder joint. Make note of the specific location of pain, its intensity, and any other sensations reported by the patient.</li></ol>	
<b>Findings</b>	

**Additional notes**