# Shoulder Special Test

**Name:** Jess Smith

| **Procedure:** |
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| 1. **Empty Can Test (Supraspinatus Test):** |
| Patient Position: Standing or sitting. |
| Procedure: Abduct the arms to 90 degrees with the thumbs pointing downward, then resist the patient's attempt to lift their arms. |
| 2. **Hawkins-Kennedy Test:** |
| Patient Position: Sitting or standing. |
| Procedure: Forward flex the patient's arm to 90 degrees and internally rotate the shoulder, assessing for pain or impingement. |
| 3. **Drop Arm Test:** |
| Patient Position: Seated or standing. |
| Procedure: Abduct the patient's arm to 90 degrees and ask them to slowly lower it. Positive if the arm drops uncontrollably. |
| 4. **Neer Test:** |
| Patient Position: Seated or standing |
| Procedure: Passively elevate the patient's arm while internally rotating the shoulder. Assess for pain, especially at the end range. |
| 5. **External Rotation Lag Sign:** |
| Patient Position: Seated |
| Procedure: Flex the patient's elbow to 90 degrees and externally rotate the shoulder. Ask the patient to maintain the position; a positive test is indicated if they cannot. |

## Results and Outcomes for each test

1. **Empty Can Test (Supraspinatus Test):**
   - **Positive Finding:**
     Pain or weakness during resisted abduction.
   - **Interpretation:**
     Positive results may indicate supraspinatus muscle pathology or impingement.
2. **Hawkins-Kennedy Test:**
   - **Positive Finding:**
     Pain or discomfort during internal rotation.
   - **Interpretation:**
     Positive results may suggest impingement or rotator cuff pathology.
3. **Drop Arm Test:**
   - **Positive Finding:**
     Inability to maintain arm elevation; arm drops uncontrollably.
   - **Interpretation:**
     Positive results may indicate rotator cuff tear or weakness.
4. **Neer Test:**
   - **Positive Finding:**
     Pain at the end range of passive elevation.
   - **Interpretation:**
     Positive results may suggest impingement or rotator cuff pathology.
5. **External Rotation Lag Sign:**
   - **Positive Finding:**
     Inability to maintain external rotation position.
   - **Interpretation:**
     Positive results may indicate weakness or tears in the infraspinatus or teres minor muscles.