Shoulder Special Test

Name:

Procedure:
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.