

# Shrug Test

Patient Information
Name:
Age:
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other:
Date of Birth:
Contact Information:
Medical History:
Current Symptoms:
Previous Shoulder Injuries or Surgeries:

## About the Test

The Shrug Test is utilized to assess shoulder mobility and strength, particularly focusing on the integrity of the rotator cuff muscles and the stability of the shoulder joint. This test helps identify potential shoulder abnormalities, such as rotator cuff injuries or weakness, which may contribute to pain, limited range of motion, or functional impairment.

## Procedure

1. Position the patient in a comfortable seated or standing position, with the examiner standing behind them.
2. Explain the purpose and procedure of the Shrug Test to the patient, ensuring they understand what to expect.
3. Instruct the patient to elevate both shoulders simultaneously, as if shrugging their shoulders towards their ears.
4. Apply gentle resistance to the patient's shoulders using your hands or resistance bands, encouraging them to maintain the shrug position against the resistance.
5. Observe the patient's ability to maintain the shrug position and note any signs of weakness or asymmetry between the shoulders.
6. Repeat the test as needed, varying the amount of resistance applied to assess the patient's shoulder strength and endurance.

## Interpretation

- **Positive Shrug Sign:** Inability to maintain the shrug position or asymmetry between shoulders may indicate weakness or dysfunction in the rotator cuff muscles.
- **Negative Shrug Sign:** The ability to maintain the shrug position symmetrically suggests adequate shoulder strength and stability.

## Precautions

- Ensure the patient is comfortable and free from pain before proceeding with the test.
- Use caution when applying resistance to avoid causing excessive discomfort or aggravating existing shoulder symptoms.
- Stop the test immediately if the patient experiences significant pain or discomfort.

## Findings and Recommendation

*Record the results of the Shrug Test, including any observations, findings, and recommended follow-up actions below.*