

# Speed's Test

**Patient's full name:**

**Date accomplished:**

**Conductor's full name:**

## Instructions:

- Have your patient supinate their affected arm.
- Have them slowly raise their arm to reach up to 90 degrees flexion.
- While the patient slowly raises their arm, you will apply resistance as they push up.
- Tell your patient to also apply resistance to counteract yours as they raise their arm.
- This ends once the arm reaches 90 degrees flexion.
- Next, you will repeat all of these, but this time with their arm pronated.

## Results:

If the patient feels pain in the bicipital groove while the arm is supinated, the test is **positive**.

If the patient's arm is weak, the test is also **positive**.

If the patient doesn't feel pain and exhibits strength when you apply resistance to them while supinated and pronated, then the test is **negative**.

## Patient Results:

- Positive**
- Negative**

If the patient is positive, please endorse the patient for further examination to check for other possible problems, and to confirm the results of the Speed's Test and see if the problem is a Superior Labral Tear or Biceps Tendonitis

## Additional Comments: