

Sulcus Test

Patient Information:

Name:	
Age:	
Gender:	
Occupation:	
Chief Complaint:	
History of Present Illness:	

Purpose: The Sulcus Test helps check for instability in the shoulder joint. It's used to diagnose possible shoulder issues and decide what to do next.

Things You'll Need:

- A table or comfy chair for the test
- Disposable gloves if needed
- Ruler (if you want to measure)
- The patient's OK and understanding

Questions to ask the patient:

Do you have any pain in your shoulder?

Is the pain worse with certain activities, such as overhead movements?

Have you ever had your shoulder dislocated?

Do you feel like your shoulder is unstable?

Do you hear any clicking or popping on your shoulder?

How It Works:

Getting Ready: Explain the Sulcus Test to the patient. Make sure they know what will happen. Keep them comfy and answer any questions.

Where to Sit: Have the patient sit or lie down on the table. Their shoulder should be easy to check.

Ready to Go: You stand or sit in front of them so you can test their arm.

Hold Steady: With one hand, keep their shoulder still. This helps you do the test right.

Hold Tight: With your other hand, grab their elbow firmly.

Moving Slowly: Gently pull their elbow down. This puts a little pressure on the shoulder joint.

Keep Watch: Watch closely as their shoulder moves. Look at the space between the shoulder bone and the upper arm bone. See if there's a little space or if things move funny.

Ask Them: While you move their elbow, ask if they feel any pain, discomfort, or worry. What they say helps you understand better.

Write It Down: Write down what you see and what they say during the test.

What It Means:

Good Result: If you see a little space or they feel discomfort, it might mean their shoulder isn't very stable.

OK Result: If there's no big space and they feel fine, their shoulder might be stable.