

# Sulcus Test

## Patient Information:

<b>Name:</b>	
<b>Age:</b>	
<b>Gender:</b>	
<b>Occupation:</b>	
<b>Chief Complaint:</b>	
<b>History of Present Illness:</b>	

**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?**

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

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**Have you ever had your shoulder dislocated?**

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**Do you feel like your shoulder is unstable?**

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**Do you hear any clicking or popping on your shoulder?**

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## **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.