

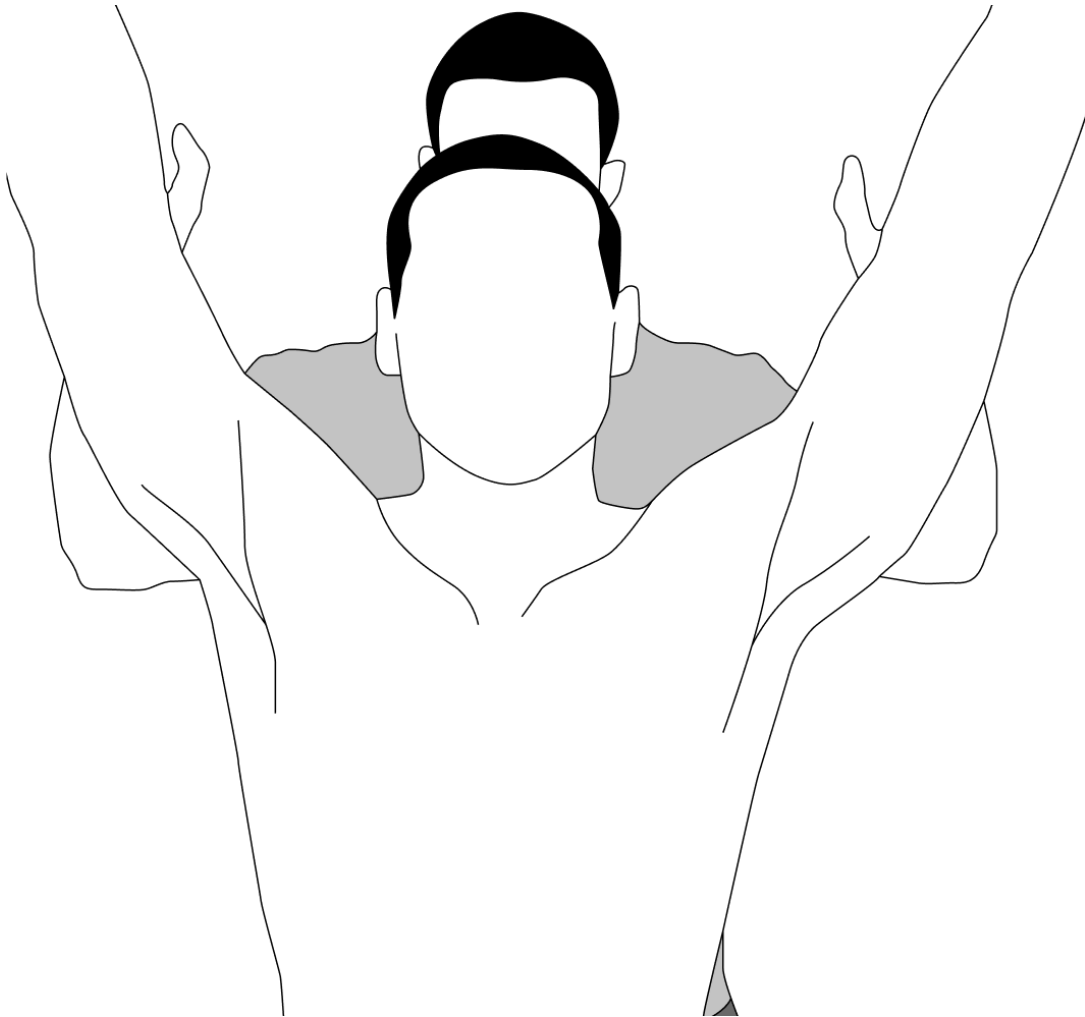
# Trapezius Tear Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Assessor: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

## General test

1. Position the patient in a sitting position.
2. Ask the patient to place their hands over their head at approximately 120° of abduction.
3. Apply forward pressure on the patient's elbows.



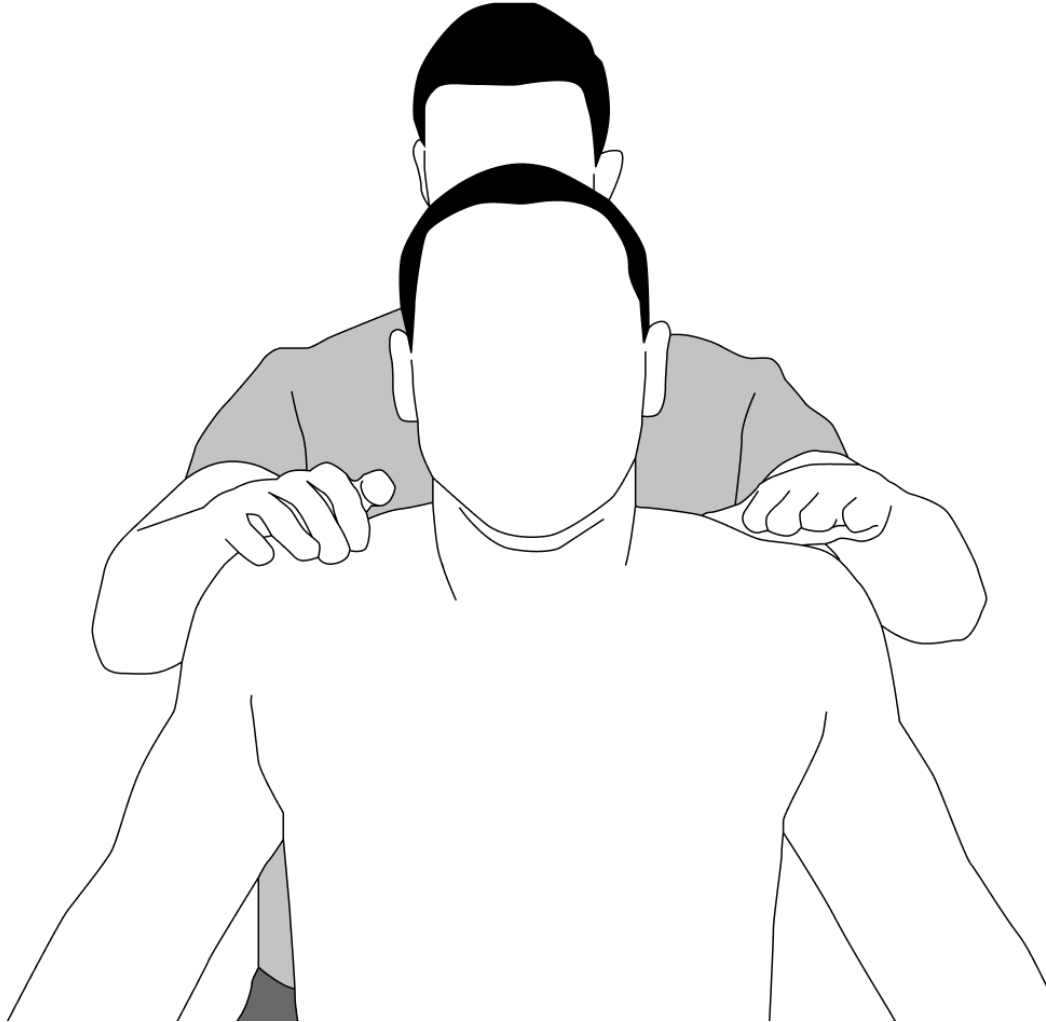
4. Observe for contraction of all parts of the trapezius to ensure proper scapular stabilization.

## Result:

- ☐ **Positive:** Inability to stabilize the scapula, weak or absent contraction of any part of the trapezius.
- ☐ **Negative:** All parts of the trapezius contract, stabilizing the scapula effectively.

## Upper trapezius test

1. Ask the patient to shrug the shoulder with a slight abduction of the arm to exclude the rhomboids and levator scapulae.
2. Apply downward resistance to assess strength.



3. Observe for difficulty or weakness in maintaining position.

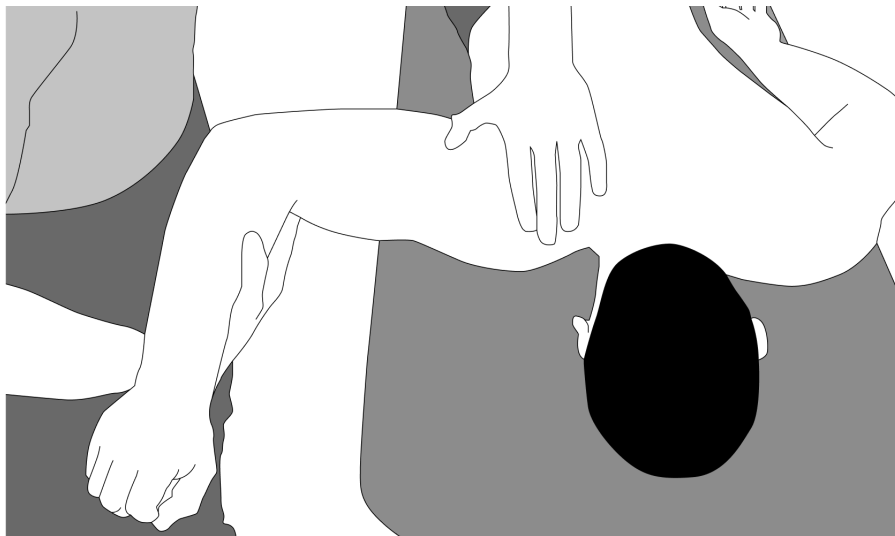
### Result:

- ☐ **Positive:** Weakness or inability to elevate the shoulder against resistance, asymmetry compared to the other side.
- ☐ **Negative:** Strong and symmetrical shoulder shrug with resistance.

## Middle trapezius test

1. Position the patient prone.
2. Abduct the patient's arm to 90° with lateral rotation.
3. Instruct the patient to horizontally extend the arm.

4. Apply resistance to the horizontal extension.



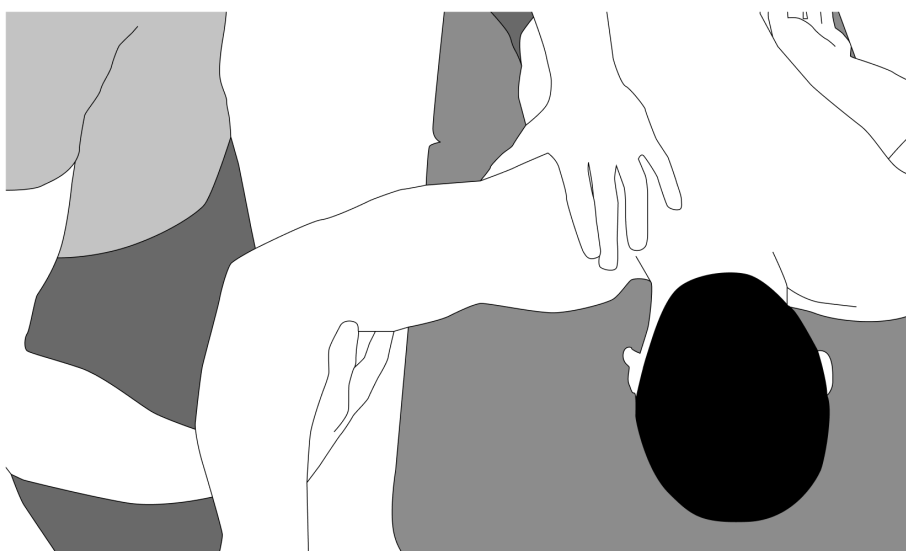
5. A positive test for weakness occurs if the scapula fails to retract.

#### Result:

- ☐ **Positive:** Inability to retract the scapula, excessive scapular winging, or weakness in horizontal extension.
- ☐ **Negative:** Strong horizontal extension with proper scapular retraction.

#### Lower trapezius test

1. Position the patient prone.
2. Abduct the patient's arms to 120° with lateral rotation.
3. Apply resistance to diagonal extension.



4. Observe for scapular movement.
5. A normal response is scapular retraction.
6. A positive test for weakness is scapular protraction instead of retraction.

**Result:**

- ☐ **Positive:** Protraction of the scapula instead of retraction, inability to resist force, or noticeable weakness.
- ☐ **Negative:** Proper scapular retraction with strong resistance against diagonal extension.

**Additional notes**

Physiotutors. (n.d.). *Trapezius strength test (All 3 parts) | Shoulder muscle assessment*.  
<https://www.physiotutors.com/wiki/trapezius-strength-test/>

Physiotutors. (2016). Trapezius strength test [YouTube Video]. In *YouTube*.  
<https://www.youtube.com/watch?v=9tfVelhIY-o>