Whipple Test

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Instructions

1. Ask the patient to sit comfortably on a chair or stool with their back straight and their feet firmly planted on the ground. Their affected arm should be positioned by their side.
2. Briefly explain the procedure to the patient, informing them that you will be testing the strength and stability of their shoulder.
3. Stand facing the patient and firmly grasp their affected arm at the elbow and wrist. Ensure that you have a secure grip to prevent any accidental movements during the test.
4. Instruct the patient to make a fist with their hand and turn their palm upward as if they were trying to pour water out of a can. This position helps activate the rotator cuff muscles.
5. With the patient's arm in the described position, gently apply downward force on the forearm. The force should be directed towards straightening the elbow while the patient resists by keeping their elbow bent.
6. While applying downward force, observe the patient's reaction closely. Look for any signs of pain, discomfort, or weakness in their shoulder. Patients may express pain verbally or through facial expressions.
7. Note the patient's ability to resist the downward force. Weakness or inability to maintain resistance against the applied force may indicate a partial rotator cuff tear, particularly involving the supraspinatus tendon.
8. If the initial test does not yield clear results, you may repeat the procedure to ensure accuracy. However, be mindful not to exert excessive force or cause unnecessary discomfort to the patient.

9. Record your observations, including any pain, weakness, or other abnormalities noted during the test.

Findings

None

Additional Notes