

# Yergason's Test

<b>Patient's Name:</b>	<b>Date:</b>
<b>Purpose of Test:</b> A provocative test that assesses for long head of the biceps tendon pathology and SLAP lesions.	
<b>Test Position:</b> Sitting.	
<b>Performing Yergason's Test:</b> <ol style="list-style-type: none"><li>1. Have the patient sit or stand with their arm at their side, elbow flexed at a 90-degree angle, and forearm pronated (palm facing down).</li><li>2. Stand in front of the patient and place one hand on the wrist and the other on the elbow to stabilize the arm.</li><li>3. Instruct the patient to attempt to supinate their forearm (rotate the palm up) against the resistance provided by you.</li><li>4. Simultaneously apply resistance to the patient's supination motion by pressing down on their wrist.</li><li>5. Assess the patient's response for any pain, discomfort, or clicking sound, and also look for any bicipital tendon movement out of the bicipital groove.</li></ol>	
<b>Interpreting Yergason's Test results:</b> <ul style="list-style-type: none"><li>• A negative test result indicates that the biceps tendon is likely intact and properly positioned within the bicipital groove.</li><li>• A positive test result may indicate a problem with the biceps tendon, such as biceps tendonitis or bicipital instability.</li><li>• The test is considered positive if the patient experiences pain or discomfort during the test or if the bicipital tendon pops out of the bicipital groove.</li><li>• A positive Yergason's test may also suggest a possible tear in the transverse ligament, which helps hold the biceps tendon in place.</li><li>• However, it's important to note that a positive Yergason's test alone is insufficient to diagnose a specific condition. Additional diagnostic tests or imaging studies may be needed to confirm the diagnosis.</li></ul>	
<b>Additional Notes:</b>	