

Arm Squeeze Test

Patient information

Name:

Age:

Gender:

Medical record number:

Medical history

Presenting symptoms

Arm Squeeze Test procedure

1. The patient is in a sitting position.
2. The medical professional should stand behind the patient's affected shoulder.
3. Grasp the middle third of the patient's arm, where the thumb covers the triceps, and the other four fingers cover the biceps area.
4. Squeeze the arm three times with the same amount of pressure.
5. For comparison, apply digital pressure the acromioclavicular area and the anterior lateral subacromial area.

Documentation

Interpretation

The patient scores pain for each the three areas on the VAS scale.

- The test is considered **positive** if pain during the arm squeeze is three or more points higher compared to the other two sides.
- The test is considered **negative** if pain is not felt once the upper arm on the affected side is squeezed with enough pressure.

Next steps

Follow-up plan