

Belly Press Test for Shoulder

Name: _____ Date: _____

The Belly Press Test for Shoulder is a physical examination technique used to evaluate the subscapularis' pain and strength.

Instructions

1. Have the patient stand up straight with their body relaxed.
2. Position your backhand against the patient's belly and ask them to press their hand against your hand.
3. Ask the patient to try to resist your pressure.
4. You should be using a firm, but not uncomfortable, pressure.
5. Hold the pressure for 5 seconds, then release,
6. Repeat steps 3-5, gradually increasing the pressure with each repetition.

Reminders

- Always ensure the patient is comfortable and properly positioned before beginning the test.
- Be sure to apply pressure gradually and not too forcefully to avoid causing discomfort or injury.
- Encourage the patient to breathe normally throughout the test, and remind them to take a deep breath in before each repetition.
- Take note of any pain, discomfort, or other symptoms reported by the patient during the test and adjust accordingly.
- Be aware that certain conditions or injuries may make the Belly Press Test inappropriate or difficult for some patients, so use your best judgment when deciding whether or not to administer it.

Additional Notes