

# Bicep Hook Test

Name	Date
Date of birth	Gender
Contact details	
<b>Instructions</b>	
<ol style="list-style-type: none"><li>1. Communicate the procedure to the patient, explaining that specific movements will be performed to assess the biceps tendon.</li><li>2. Ensure the patient understands the procedure and provides consent.</li><li>3. Ask the patient to sit or stand comfortably, with both arms relaxed at their sides, and the palms facing forward.</li><li>4. Identify the biceps tendon, which is situated in the front of the upper arm. The long head of the biceps tendon runs from the shoulder and attaches to the top of the radius bone in the forearm.</li><li>5. With the patient's consent, stabilize the affected arm by gently holding the elbow at a 90-degree angle, keeping it close to the patient's side.</li><li>6. Instruct the patient to flex their biceps muscle by trying to bend their arm at the elbow against the resistance you provide.</li><li>7. Place your fingers or hand of the same arm as the patient underneath the biceps tendon in the bicipital groove (groove between the greater and lesser tubercles of the humerus) of the shoulder.</li><li>8. With your fingers positioned under the tendon, ask the patient to contract the biceps muscle by bending their elbow while stabilizing the arm.</li><li>9. As the patient contracts their biceps muscle, attempt to feel the movement of the biceps tendon within the bicipital groove. You should normally feel the tendon move or lift with the biceps muscle contraction.</li><li>10. Normally, the biceps tendon should move within the bicipital groove as the patient flexes their arm. A lack of movement or an inability to palpate the tendon movement during muscle contraction may suggest a potential rupture or abnormality of the biceps tendon.</li></ol>	
<b>Findings</b>	

**Additional notes**