# External Rotation Lag Sign Test

**Patient name:** Mary Jacob

**Age:** 50 **Gender:** Female **Date of examination:** July 29, 2024

**External Rotation Lag Sign Test**

The External Rotation Lag Sign test evaluates the strength of the supraspinatus and infraspinatus muscles in the shoulder, which is important for the rotator cuff. It helps diagnose shoulder problems like impingement syndrome by assessing muscle integrity and detecting tears.

**Procedure**

1. The patient is seated or standing.
2. The examiner passively flexes the elbow to 90 degrees while the shoulder is held at 20 degrees elevation in the scapular plane in a position of near maximum external rotation (i.e., maximum external rotation minus five degrees to avoid an elastic recoil effect).
3. The examiner supports the elbow and holds the arm in external rotation at the wrist.
4. The patient is asked to hold the position while the examiner supports the elbow but releases the hold at the wrist. The degree of movement is estimated and is referred to as the “lag.”

**Test results**

◉ **Negative:** The patient can maintain the position when the examiner releases the hold.

○ **Positive:** The patient cannot maintain the position, and the shoulder rotates internally.

**Notes**

Patient displayed no problems. Advised to continue doing daily basic exercises for optimal fitness.

**Examiner’s name:** Dr. Karl Jay

**Signature:** 

**Date:** July 29, 2024

Physiopedia. (2024, May 23). *External rotation lag sign (ERLS) test*. https://www.physiopedia.com/External_Rotation_Lag_Sign_(ERLS)_Test

Sports Med Review. (2023, August 18). *External rotation lag sign (for rotator cuff tears)*. YouTube. https://www.youtube.com/watch?v=1E6_cJX4A3I&t=39s