

# Infraspinatus Test

Name	Date
<p>The Infraspinatus Test is a clinical examination used to evaluate the function of the infraspinatus muscle in the shoulder. The infraspinatus muscle is one of the four rotator cuff muscles and is responsible for rotating the arm externally (outwardly) and stabilizing the shoulder joint.</p>	
<p><b>Instructions</b></p> <ol style="list-style-type: none"><li>1. Have your patient sit or stand comfortably, with their arm at their side and their elbow bent at a 90-degree angle.</li><li>2. Stand in front of your patient, and grasp their wrist with one hand.</li><li>3. Ask the patient to externally rotate their arm, or turn their hand away from their body.</li><li>4. Apply a downward force on the patient's wrist, while the patient tries to resist by keeping their arm in an externally rotated position.</li><li>5. Observe the patient's ability to maintain this position against resistance.</li></ol>	
<p><b>Reminders</b></p> <ul style="list-style-type: none"><li>• Always communicate clearly with your patient, and explain the purpose of the test before beginning.</li><li>• Be gentle when applying resistance, and avoid causing any undue pain or discomfort.</li><li>• Consider performing the test on both arms for comparison, and note any asymmetry or differences in strength between the two sides.</li><li>• Remember that the infraspinatus test is just one tool in a comprehensive evaluation of shoulder function and should be interpreted in the context of the patient's overall presentation.</li></ul>	
<p><b>Additional notes</b></p>	