

# Internal Rotation Lag Sign

Patient name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Examiner: \_\_\_\_\_

## Purpose

To evaluate for tears of the subscapularis tendon.

## Technique

1. Seat the patient and stand behind the patient.
2. Position the patient's affected arm into maximal internal rotation, placing the dorsum of the patient's hand against the lumbar region.
3. Support the patient's arm at the elbow and wrist, passively bringing the arm into approximately 20 degrees of extension, moving the forearm away from the back.
4. Instruct the patient to actively maintain this position.
5. Release the wrist support but continue to support the elbow.
6. Observe for a lag. A "lag" occurs if the patient cannot maintain the hand's position against their back, which indicates a potential subscapularis tear.

## Results

**Negative:** The patient successfully holds the position without the hand drifting.

**Positive:** A lag occurs—the patient cannot maintain the hand's position and drifts forward.

Degree of lag (lag magnitude):

## Additional notes

## Healthcare professional's information

Name:

License number:

Contact details:

Signature: