

# Lift Off Test

<b>Name</b>	<b>Date</b>
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The Lift-Off Test is a physical examination technique used to assess the strength and range of motion of the muscles that control the scapula (shoulder blade). It is commonly used by healthcare professionals, such as physical therapists and athletic trainers, to evaluate shoulder function and diagnose shoulder injuries.

## Instructions

1. Introduce yourself to the patient and explain what the test involves.
2. Ask the patient to remove any clothing restricting shoulder movements, such as a jacket or shirt.
3. Position the patient standing or sitting upright with their arms at their sides.
4. Instruct the patient to raise their arm overhead and place their hand on the back of their head.
5. Place one hand on the patient's elbow and the other hand on their scapula to stabilize the shoulder.
6. Apply resistance to the patient's elbow as they attempt to lift their elbow away from their head while keeping their hand in place.
7. Observe the patient's scapular motion and assess the muscles' strength and range of motion controlling the scapula.
8. Repeat the test on the other side.

## Reminders

- Be gentle when applying resistance and monitor the patient for any signs of pain or discomfort.
- If the patient experiences pain during the test, stop immediately and modify the test as needed.
- Make sure the patient is not compensating with other muscle groups during the test.
- Keep the patient informed throughout the test and explain the purpose of each step to ensure their understanding and cooperation.

## Additional notes