

Resisted Supination External Rotation Test

Patient information

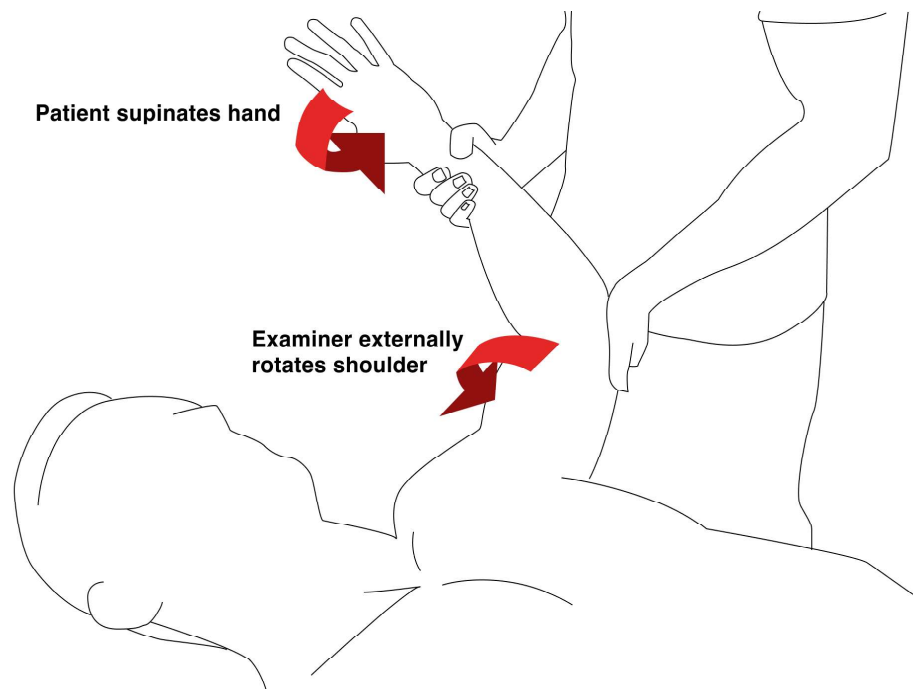
Name: Aaron Collins

Age: 29

Date: Aug 2, 2024

Test procedure

1. Position the patient in a supine position with the scapula of the affected side near the edge of the table.
2. Support the patient's arm at the elbow and hand.
3. Place the patient's arm into 90 degrees of abduction with the elbow flexed to 65-70 degrees.
4. Position the forearm in neutral or slight pronation.
5. Ask the patient to supinate the hand with maximal effort.
6. Simultaneously, maximally externally rotate the patient's shoulder.
7. Ask the patient to describe any symptoms experienced during the test.



Test findings

Positive: The patient experiences at least one of the following:

- Anterior or deep shoulder pain
- A click or catch in the shoulder during the motion
- Reproduction of symptoms that occur during a throwing motion

Negative: None of the above listed signs are felt

Additional notes

Patient reported deep shoulder pain and a catching sensation during the test, consistent with SLAP lesion symptoms. Referred for further imaging.

Examiner information

Name: Dr. Emily Harper

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Signature: 

Myers, T. H., Zemanovic, J. R., & Andrews, J. R. (2005). The resisted supination external rotation test. *The American Journal of Sports Medicine*, 33(9), 1315–1320.
<https://doi.org/10.1177/0363546504273050>

Physiotutors. (2021, July 9). *Resisted supination external rotation test | Slap lesion*. YouTube.
https://www.youtube.com/watch?v=6sgovZIATZI&ab_channel=Physiotutors