

Roos Stress Test

Patient's full name: _____ Date accomplished: _____

Clinician's full name: _____

What you need:

- A comfortable seat for your patient
- A stopwatch

Instructions:

- Have your patient take a seat and make sure they are sitting in an upright position.
- Tell them to relax their shoulders and arms.
- Have them raise their arms and externally rotate them by 90 degrees.
- While their arms are raised and externally rotated by 90 degrees, have them flex their elbows by 90 degrees.
- Tell them to maintain their pose.
- While maintaining their pose, you are going to instruct them to flex and extend their fingers repeatedly, meaning they need to open and close their hands over and over again. This will go on for three minutes.
 - Tell them that they will start as soon as you say "GO" and they will stop as soon as you say "STOP."
 - Also tell them to talk to you about what they are feeling as they are doing this exercise.
- After giving them the instructions, ready your stopwatch and activate it as soon as you say "GO." Then, as soon as the stopwatch hits the three-minute mark, say "STOP" and pause your stopwatch.
- Make sure to log what the patient felt while performing the exercise. You can do so in the box below where you can explain everything, including your next steps.

Positive Normal

Possible symptoms:

- Increase in neck and shoulder pains
- The increase in neck and shoulder pains also extends down their arms
- Tingling or prickling feelings in their forearms and fingers
- Paleness of arms
- Reactive hyperemia when they lower their arms
- Cyanosis in their hands
- Swelling in their hands

Additional comments: