

Supination Lift Test

Name: _____ Date: _____

The Supination Lift Test is a physical assessment technique used to evaluate the function and strength of the supinator muscle in the forearm.

Instructions

1. Instruct the patient to place their palms on the underside of a table.
2. Ask the patient to attempt to lift the table.
3. Observe for the onset of pain as the patient stabilizes their body weight, indicating a positive Supination Lift Test.
4. Note any pain or clicking, which may suggest involvement of the triangular fibrocartilage complex (TFCC).

Findings

Additional notes

Healthcare provider's information

Healthcare provider's name:

Signature:



License number:

Contact number: