

Surprise Test

Patient information

Name:

Age:

Gender:

Physician in-charge:

Date:

Procedure

Note: Before the patient undergoes the Surprise Test, the patient has to be apprehensive during the Apprehension Test. Apprehension should have been reduced during the AP glide of the Relocation Test.

1. Lay the patient flat on the bed.
2. Slowly bend the affected arm, aligning the palm to the patient's temple. (Refer to the image below)
3. The surprise comes from spontaneously releasing the anterior-posterior directed pressure on the glenohumeral joint. This results in the realization of the patient's fear of luxation.



Results

Positive test result: A positive result is obtained if the patient shows a fear of luxation, which indicates anterior instability.

Negative test result: A negative test is when the patient remains calm and does not experience apprehension, suggesting the shoulder is stable.

Additional notes

Physician in-charge:

License number:

Signature:

Date:

References

Physiotutors. (2022). *Release Test | Anterior shoulder instability assessment*. Physiotutors. <https://www.physiotutors.com/wiki/release-test/>

Valencia Mora, M., Ibán, M. Á. R., Heredia, J. D., Gutiérrez-Gómez, J. C., Diaz, R. R., Aramberri, M., & Cobiella, C. (2017). Physical exam and evaluation of the unstable shoulder. *The Open Orthopaedics Journal*, 11, 946–956. <https://doi.org/10.2174/1874325001711010946>