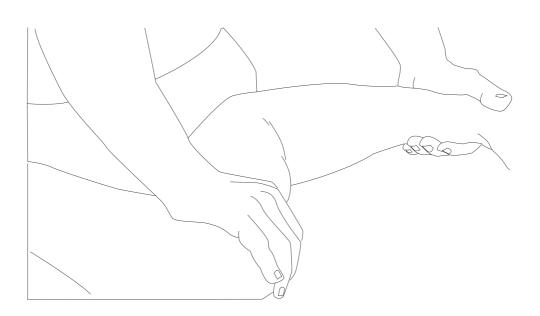
## **Surprise Test**

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
Additional notes
Physician in-charge:
License number:
Signature:
Date:
References
Physiotutors. (2022). <i>Release Test</i>   <i>Anterior shoulder instability assessment</i> . Physiotutors. <a href="https://www.physiotutors.com/wiki/release-test/">https://www.physiotutors.com/wiki/release-test/</a>
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. <i>The Open Orthopaedics Journal</i> , <i>11</i> , 946–956. <a href="https://doi.org/10.2174/1874325001711010946">https://doi.org/10.2174/1874325001711010946</a>