

# Trapezius Tear Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of test: \_\_\_\_\_

## Purpose

The Trapezius Tear Test is used to assess for potential strain or tear in the trapezius muscle. This muscle plays a crucial role in multiple upper body movements and supports the neck and shoulders. Detecting any discomfort, limited range of motion, or asymmetrical movements during the test can indicate a trapezius strain or tear.

## Equipment needed

- Examination table
- Resistance bands or weights (optional for added resistance; examiner can provide resistance)

## Test procedure

1. Visually inspect for any discolorations, bruising, or redness in the trapezius area.
2. Have the patient rotate, extend, and tilt the neck with and without resistance, noting any discomfort or limited range of motion.
3. Instruct the patient to shrug their shoulders without resistance and then with resistance, applying firm pressure and checking for balance of strength and any discomfort.
4. Have the patient lie prone, flex their elbow at 90 degrees, retract the scapula, and resist firm pressure applied to the scapula.
5. Have the patient lie prone, raise their arms/shoulders to 120-130 degrees from the body, retract the scapula as if pinching them together, and resist firm pressure.

## Results

- Positive:** Presence of pain, limited range of motion, weakness, or imbalanced (asymmetrical) movements during the tests.

If result is positive:

- Symptoms provoked in upper trapezius (step 3 shrug movement)
- Symptoms provoked in middle trapezius (step 4, retracted scapula and elbow flexed)
- Symptoms provoked in lower trapezius (step 5, retracted scapula and arms diagonal at 120-130 degrees)

- Negative:** No pain, normal range of motion, and balanced strength during the tests.

## Additional notes

## Healthcare professional information

Name:

Signature:

Date: