Yergason's Test

Date:

Patient's Name:		
Patient's Name:		

Purpose of Test: A provocative test that assesses for long head of the biceps tendon pathology and SLAP lesions.

Test Position: Sitting

Performing Yergason's Test

- 1. Have the patient sit or stand with their arm at their side, elbow flexed at a 90-degree angle, and forearm pronated (palm facing down).
- 2. Stand in front of the patient and place one hand on the wrist and the other on the elbow to stabilize the arm.
- 3. Instruct the patient to attempt to supinate their forearm (rotate the palm up) against the resistance provided by you.
- 4. Simultaneously apply resistance to the patient's supination motion by pressing down on their wrist.
- 5. Assess the patient's response for any pain, discomfort, or clicking sound, and also look for any bicipital tendon movement out of the bicipital groove.

Interpreting Yergason's Test Results

- A negative test result indicates that the biceps tendon is likely intact and properly positioned within the bicipital groove.
- A positive test result may indicate a problem with the biceps tendon, such as biceps tendonitis or bicipital instability.
- The test is considered positive if the patient experiences pain or discomfort during the test or if the bicipital tendon pops out of the bicipital groove.
- A positive Yergason's test may also suggest a possible tear in the transverse ligament, which helps hold the biceps tendon in place.
- However, it's important to note that a positive Yergason's test alone is insufficient to diagnose a specific condition. Additional diagnostic tests or imaging studies may be needed to confirm the diagnosis.

Additional Notes