

Yergason's Test

Patient's Name:	Date:
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	
<ol style="list-style-type: none">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	
<ul style="list-style-type: none">• 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	