

Table 1: Special Tests for Assessment of the Rotator Cuff

Test	Abbreviated Description (Key Points)	Positive Test
Subscapularis		
Lift-off test (and lag sign)	Dorsum of hand on back and raise off the back	Patient is unable to lift dorsum of hand off the back
Belly press test	Press abdomen with hand flat and elbow forward	Elbow drops back behind the trunk
Belly-off sign	Palm on abdomen and maximum internal rotation with examiner holding the elbow and then release the wrist	Patient cannot maintain this position, leg occurs, and hand lifts off the abdomen
Bear hug test	Palm on opposite shoulder, elbow anterior, and pull hand off the shoulder	Patient cannot hold the hand against the shoulder
Supraspinatus and Infraspinatus		
External rotation lag sign at 0°	Elbow flexed to 90°, shoulder in 20° of elevation and near maximal external rotation, and release examiner's hand off the wrist	Lag or angular drop occurs
External rotation lag sign at 90°	Same as above except done with arm in 90° of elevation	Lag or angular drop occurs
Jobe's test (Empty can test)	First arm at 90° of abduction and neutral rotation, then shoulder internally rotated and angled forward at 30°	Weakness to resistance with the second maneuver as compared with first
Biceps Tendon		
Speed's test	Flex shoulder against resistance while elbow extended and forearm supinated	Pain localized to the bicipital groove
Impingement Signs		
Neer's sign	One hand of examiner is on top of shoulder (superior surface of scapula) and examiner raises the arm in forced-forward elevation	Pain
Hawkins sign	Forward flex humerus to 90° and internally rotate	Pain



Physical Therapy Special Tests Guide

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