



10 Essential Tests

for Evaluating Shoulder Impingement

Featuring content from the blog post
“10 Essential Tests for Evaluating Shoulder Infringement”
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Knowing which evidence-based tests to perform throughout the entire shoulder girdle is essential. This knowledge allows you to communicate with referral sources to determine whether radiographic testing is needed, plan for therapeutic intervention, and make referrals to other healthcare professionals if required. These tests will guide therapists to an understanding of which structures are involved in a particular case.

Test	Rule Out SAIS	Confirm Diagnosis of SAIS	Sensitivity	Specificity
Neer	✓			
Jobe (empty can)		✓		
Painful Arc	✓	✓		
ER Resistance	✓	✓		
Yocum			78%	96%
Patte			38%	98%
Drop Arm*			53%	82%
External Rotation Lag Sign			98%	98%
Posterior Internal Impingement			76%	86%
Yergason's			37%	86%

* most specific for full-thickness rotator cuff tears

For more information, view [Jennifer T. Dodson's](#) courses on [Shoulder Impingement](#) at [MedBridgeEducation.com](#).