SHOULDER AND ELBOW INJURY ASSESSMENT TRAINER

Realityworks® Live it. Learn it.™

Positioning Guide

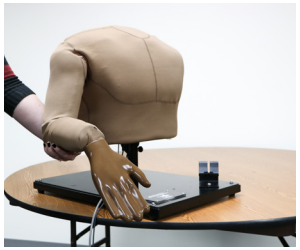
Medial Epicondylitis Test

Position the arm as shown with 90° of wrist supination, 90° of wrist extension, and 90° of elbow flexion.

Slowly remove elbow flexion to probe for a pain response.

Mill's Test

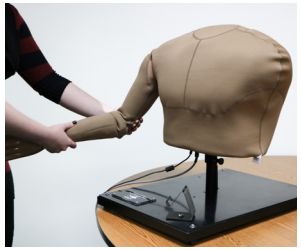
Position the arm as shown with 90° of elbow flexion, 90° of wrist pronation, and 90° of wrist flexion.



Slowly remove elbow flexion and probe for a pain response

Vagus Stress Test

Position the arm as shown with 90° of elbow flexion.



Apply a valgus force (outward from the patient's body) to probe for laxity in the ulnar collateral ligament (UCL).

Crank Test

Lay the trainer on its back with 90° of shoulder abduction and 90° of elbow flexion.

Rotate the shoulder +/- 45° to attempt to provoke a pain response.

Anterior Apprehension Test

Lay the trainer on its back with 90° of shoulder abduction and 90° of elbow flexion.

Rotate the shoulder 90° backward to attempt to provoke a fear of subluxation.

Hawkins-Kennedy Test

Position the arm in front of the patient's body with 90° of shoulder flexion and 90° of elbow flexion.

While stabilizing the elbow, press the hand downward and attempt to provoke a pain response.

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Neer's Test

With 90° of internal shoulder rotation, elevate the arm to 150° of shoulder flexion.

Apply further shoulder flexion up to 180° to attempt to provoke a pain response.

Empty Can Test

With full shoulder internal rotation, elevate the shoulder to 90° of flexion.

Apply downward force from the wrist joint to assess the patient's strength. If one side of the patient is weaker than the other, the test is positive.

O'Brien's Test

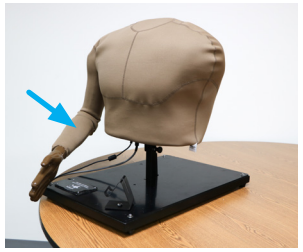
With full shoulder internal rotation, elevate the shoulder to 90° of shoulder flexion.

Apply downward force from the wrist joint to attempt to provoke a pain response.

Belly Press Test

Position the trainer with its hand in front of the belly and 90° of elbow flexion.

Press the trainer's arm against its belly. If it is injured, the elbow will drop below the midline.



Hornblower's Test

While supporting the trainer's elbow, position the arm as shown with 90° of elbow flexion.

Attempt to rotate the trainer's arm forward, assessing for asymmetric strength between each side.

Repeat the test with full external shoulder rotation to see if the pain response lessens in full internal rotation versus external rotation.

Apply downward force from the wrist joint to attempt to provoke a pain response.