

# Supraspinatus Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Supraspinatus Test, also known as the Empty Can Test or Jobe Test, is a clinical assessment used to evaluate the integrity and strength of the supraspinatus muscle and its associated tendon in the shoulder. The test is commonly used in the diagnosis of shoulder impingement, rotator cuff injuries, and other shoulder-related issues.

## Instructions

1. Instruct the patient to sit or stand upright with good posture.
2. Position the patient's arm being tested at a 90-degree angle to the body, known as shoulder abduction. The elbow can be slightly bent.
3. Stand facing the patient and explain the test procedure to them.
4. Gently assist the patient in assuming the "empty can" position: Abduct the patient's arm to 90 degrees and internally rotate the shoulder, so the thumb points downward, similar to someone pouring out an empty can.
5. Stabilize the scapula with one hand to prevent unwanted movement during the test.
6. Apply downward pressure on the patient's forearm, asking them to resist this force by maintaining the "empty can" position.
7. Observe the patient for any signs of pain, discomfort, or weakness during the test.
8. Pay particular attention to the region over the supraspinatus muscle and tendon.
9. Ask the patient to communicate any pain, discomfort, or inability to maintain the position.
10. Note any significant findings, including the presence of pain, weakness, or other abnormal responses.

## Reminders

- Always prioritize patient comfort and communication throughout the procedure.
- Explain the test clearly to the patient, and encourage them to communicate any discomfort or pain during the test.
- If the patient experiences significant pain or discomfort, stop the test immediately.
- Properly stabilize the scapula with one hand while performing the test to isolate the supraspinatus muscle's action.
- Remember that the Supraspinatus Test is just one part of the assessment. Consider other clinical findings, medical history, imaging results, and other relevant tests to arrive at a comprehensive diagnosis.
- A positive test suggests the possibility of supraspinatus tendon issues, but it's not a definitive diagnosis by itself.

**Additional notes**

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