




Table 5-1 (continued)

METHODS FOR EXAMINING THE ROTATOR CUFF

Examination	Technique	Illustration	Significance
Belly press test	Patient presses against abdomen. Positive if patient brings elbow in toward the body		Subscapularis insufficiency
Lift-off test	Patient places the arm behind the back and tries to lift it away from the body. Positive if patient cannot perform		Subscapularis insufficiency
Outlet impingement signs	Neer: Passive forward flexion of internally rotated arm Hawkins: Internal rotation of forward flexed arm		Both maneuvers place greater tuberosity in proximity to acromion. Pain present with external impingement and rotator cuff tears

(continued)