

Bicep Tear Test

PATIENT INFORMATION				
Patient Name:				
Age:		Gender:		
Occupation:				
Physical Activities:				
History of Previous Injury:				
Area of Pain/Discomfort:				
TESTS				
Test Name	Patient Position	Test Description	Positive Sign	Score (0 - 1)
Yergason's Test	Seated or standing	The patient's elbow is flexed to 90 degrees with the thumb up. The patient is then asked to supinate the forearm against resistance.	Pain or a 'pop' in the bicep groove.	
Ludington's Test	Seated or standing	The patient clasps both hands behind the head and contracts the biceps. The examiner observes and palpates both biceps tendons.	Absence of movement or tension on the affected side when the biceps muscle is contracted.	
Biceps Squeeze Test	Seated or standing	The patient's elbow is flexed to 60-80 degrees. The examiner applies pressure to the biceps muscle.	Absence of forearm supination or elbow flexion when pressure is applied to the biceps muscle.	

Test Name	Patient Position	Test Description	Positive Sign	Score (0 - 1)
Hook Test	Seated or standing	The patient's elbow is flexed to 90 degrees. The examiner tries to 'hook' their index finger under the bicep tendon from the lateral side.	It's impossible to 'hook' the index finger under the bicep tendon.	

SCORING INTERPRETATION

0 - Negative Sign (no pain or discomfort during the test)

1 - Positive Sign (pain or discomfort reproduced during the test)

A score of one on two or more tests indicates a positive finding for a bicep tear.

ADDITIONAL NOTES