

Clunk Test

CLUNK TEST

Patient's full name: _____ Date accomplished: _____ dd / mm / yyyy

Conductor's full name: _____

What you need: A comfortable examination bed for your patient

Instructions: Have your patient lie down on it in a supine position. They should be close to the edge so that their affected shoulder is slightly over the edge of the bed. Stand beside the patient on the side with the affected shoulder. Use one of your hands to hold the posterior aspect of the glenohumeral joint. Use your other hand will hold the bicondylar aspect of the humerus above the elbow. Fully abduct the patient's arm over their head. While abducting the patient's arm, apply an anterior force to the humerus and externally rotate the arm. IMPORTANT: Be alert for certain feelings like clicking, locking, grinding, or snapping. If you feel and/or hear any of these while performing the Clunk Test, and if the patient groans in pain or discomfort (or if their face reflects pain or discomfort), then the patient is positive for a possible shoulder labral tear. If you don't feel or hear any of these while performing the Clunk Test, then the patient is negative.

Patient Results:

☐ Positive ☐ Negative

Additional Comments: