

Surprise Test

PATIENT INFORMATION

Patient name: _____ Age: _____

Gender:

Male Female Prefer not to say

PROCEDURE

Note: Before the patient undergoes the Surprise Test, the patient has to be apprehensive during the Apprehension Test. Apprehension should have been reduced during the AP glide of the Relocation Test. Lay the patient flat on the bed. Slowly bend the affected arm, aligning the palm to the patient's temple. (Refer to image 1 below) The surprise comes from spontaneously releasing the anterior-posterior directed pressure on the glenohumeral joint. This results in the realization of the patient's fear of luxation.

RESULTS

Select one:

- Positive test result: A positive result is obtained if the patient shows a fear of luxation, which indicates anterior instability.
- Negative test result: A negative test is when the patient remains calm and does not experience apprehension, suggesting the shoulder is stable.

Additional notes

Physician in-charge: _____ License number: _____

Signature: _____

Date: _____ dd / mm / yyyy