

External Rotation Lag Sign (ERLS)

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Pt is seated and elbow passively flexed to 90 while shoulder is held at 20 degrees of elevation in the scapular plane in a position of near maximum external rotation minus about 5 degrees.

If able to hold = negative test

If unable to hold, arm may spring back anteriorly = indicates teres minor/infraspinatus/supraspinatus are weak or painful