Empty Can Test

EMPTY CAN (supraspinatus strength test)

The Empty Can Test is a manual muscle test to identify possible supraspinatus pathologies such as a subacromial impingement, or a musculotendinous lesion.

Ask the applicant to put their shoulders at 30° horizontal flexion, 90° abduction, full internal rotation and elbow pronation. Instruct the applicant to resist the pressure you are going to apply. Place your hand on the applicant’s mid-forearm area, and apply downward pressure.

A positive test is pain or weakness in the shoulder.