

# Gerber's Test

**The Gerber test** is used to diagnose **a rupture of the *subscapularis*** tendon . It is performed in such a way that the patient places **the back of the hand** behind the back on the **lumbar** spine, then tries to move the hand **away** - if this is impossible, there is probably a problem with the integrity of the *subscapularis* tendon.

## Sources

### External links

- Gerber's Lift Off Test (<http://physicaltherapyweb.com/gerbers-lift-off-test-orthopedic-shoulder-examination/>) - detailed description including video demonstration

### Literature

- PASTOR, Jan. *Langenbeck's medical web page* [online]. [cit. 2009]. <<https://langenbeck.webs.com/>>.