

**Fig. 1. Hand in Neck (HIN) manoeuvre.**

The patient is instructed to put the hand on the painful side behind the neck with the elbow positioned as far to the side as possible.

**HIN 0:** Cannot reach the back of the neck with the hand.

**HIN 1:** Can hold the hand around the back of the neck, but compensates by holding the neck in ventroflexion and rotation to the opposite side. The shoulder is elevated, the arm adducted.

**HIN 2:** Can hold the hand around the back of the neck, but compensates by elevating the shoulder and adducting the arm.

**HIN 3a:** Can hold the hand around the back of the neck, but compensates by elevating the shoulder.

**HIN 3b:** Can hold the hand around the back of the neck, but compensates by adducting the arm.

**HIN 4:** Can hold the hand around the back of the neck, but cannot extend the upper arm to the coronal plane.

**HIN 5:** Can perform the test normally, i.e. the elbow reaches the coronal plane.



**Fig. 2. Hand in Back (HIB) manoeuvre.**

The patient is instructed to put both hands against the back and lift them as far as possible in the midline.

**HIB 0:** Cannot perform the test on the painful side

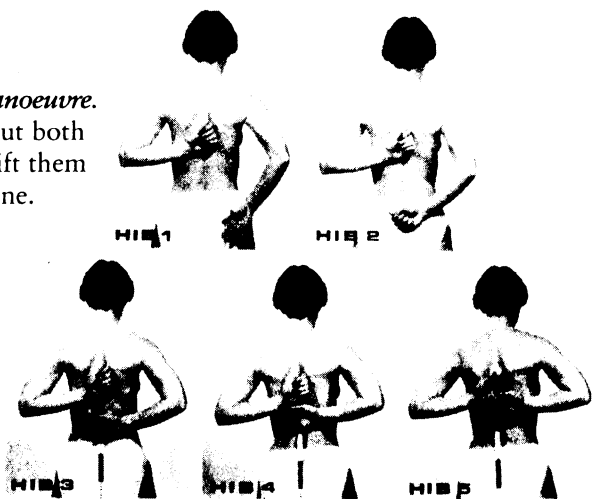
**HIB 1:** Can get the hand behind the iliac crest

**HIB 2:** Can get the hand to the gluteal region

**HIB 3:** Can get the hand to the midline of the back. The measured distance between the second MCP joint of the non-painful and the painful side exceeds 10 cm

**HIB 4:** The same measurement is 5-10 cm

**HIB 5:** The same measurement is less than 5 cm



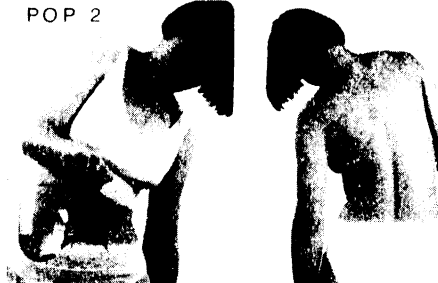
**Fig. 3. Pour out of a Pot (POP) manoeuvre.**

The patient is instructed to lift a pot containing 1 litre of water and pour the water out into a sink in front of the patient. The patient is asked to freeze the final position for 3-5 seconds in order to facilitate the observation.

POP 1



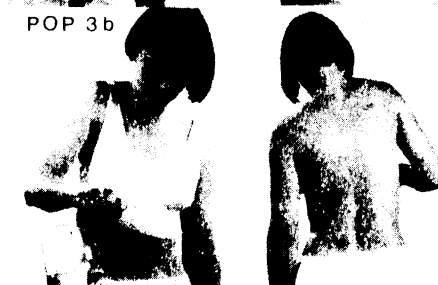
POP 2



POP 3a



POP 3b



POP 4



**POP 0:** Cannot pour the water out of the pot.

**POP 1:** Can pour out the water of the pot, but compensates by using the other hand for support, bending to the contralateral side and elevating the shoulder.

**POP 2:** Can pour the water out of a pot, but compensates by bending to the contralateral side and elevating the shoulder.

**POP 3a:** Can pour the water out of the pot, but compensates by bending to the contralateral side.

**POP 3b:** Can pour the water out of the pot, but compensates by elevating the shoulder.

**POP 4:** Can pour the water out of the pot normally, i.e. without compensatory movements.