

Compression Rotation Test

Name:

Age:

Date of assessment:

Clinician:

Referring physician:

Procedure

1. Positioning:

- Place the patient in a supine position on the examination table.
- Stand on the patient's affected side for optimal control and stabilization.

2. Shoulder positioning:

- Abduct the patient's shoulder to 90 degrees.
- Flex the elbow to 90 degrees to isolate the glenohumeral joint.

3. Compression force:

- Apply a gentle compression force through the humerus at the elbow joint.
- Maintain the compression to stabilize the shoulder joint during the test.

4. Rotation movements:

- Rotate the humerus externally first, followed by internal rotation.
- Perform each rotation movement slowly and observe the patient's response.

5. Observations:

- Note any pain, clicking, or catching sensations reported by the patient.
- Observe for any visible signs of discomfort or apprehension during the test.

6. Documentation:

- Record findings accurately, including any positive test results or abnormalities.
- Use Carepatron's clinical notes software for detailed documentation and tracking.

Interpretation

- Positive test result:** Pain or clicking sensation during external rotation and compression indicates a possible SLAP lesion or labral tear.
- Negative test result:** Absence of pain or clicking suggests the glenoid labrum may be intact without significant tears.

Physician name:

Signature:

Date: