

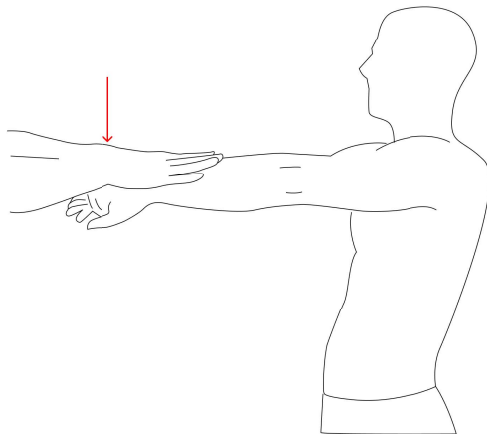
# O'Brien's Test

Patient's name: Jonathan Lee Age: 45 Gender: Male

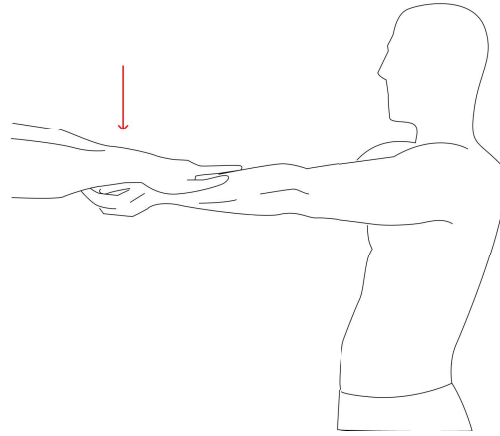
Examiner: Emily Richards Date: Sept. 18, 2024

## Test procedure

1. With the patient standing in a neutral position, ask them to flex their shoulders to 90 degrees.
2. Move the arms so that the shoulders have 10 degrees of horizontal adduction.
3. Ask the patient to actively rotate the arms internally to maximum range. This is the first position.
4. Ask the patient to resist downward pressure and then apply moderate downward pressure on the arms.
5. Ask the patients to fully rotate the arms externally so that palms are facing up. This is the second position.
6. Ask the patient to resist downward pressure and apply moderate downward pressure on the arms again.



Position 1



Position 2

## Results and interpretation

**Positive result:** Pain is provoked in the first position, but pain lessens or disappears in the second position.

**Negative result:** No pain or symptom is provoked or reproduced.

## Additional notes

The patient reported sharp pain in the first position, which significantly decreased when rotating externally to the second position, indicating a possible labral tear. Follow-up imaging is recommended for further evaluation.

O'Brien, S. J., Pagnani, M. J., Fealy, S., McGlynn, S. R., & Wilson, J. B. (1998). The Active Compression Test: A new and effective test for labral tears and acromioclavicular joint abnormality. *The American Journal of Sports Medicine*, 26(5), 610–613. <https://doi.org/10.1177/03635465980260050201>

Physiotutors. (2017). *O'Brien Test | active compression test of o'Brien | SLAP lesion*. In YouTube. <https://www.youtube.com/watch?v=qkDvVBi0gg8>