

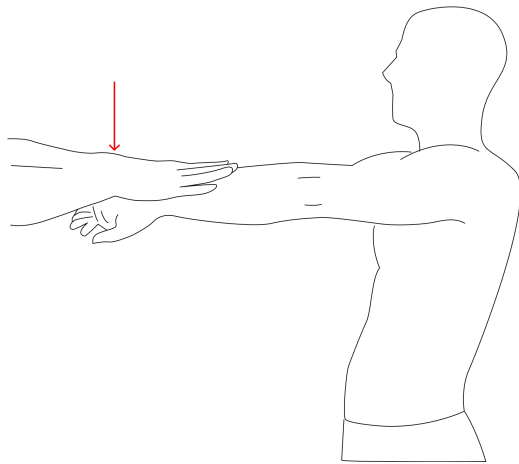
O'Brien's Test

Patient's name: _____ Age: _____ Gender: _____

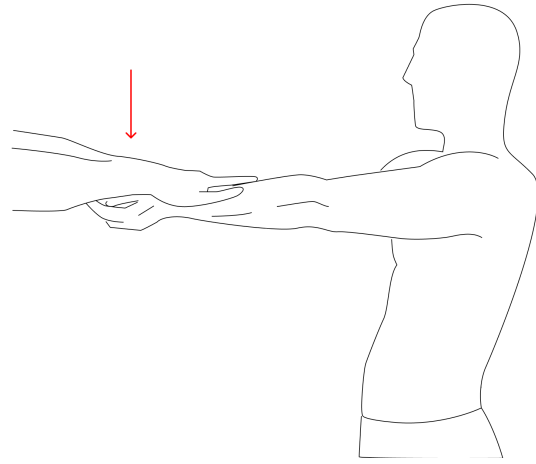
Examiner: _____ Date: _____

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

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>