

# Passive Compression Test

## Patient information

Name:

Age:

Gender:

Medical history:

## Instructions

- Ask the patient to start in side-lying on the uninvolved side.
- Place the patient's arm in 30 degrees of abduction and then passively externally rotate the arm while pushing it proximally and extending the shoulder.
- This results in compression of the superior labrum.

## Findings

Presence of pain:

Clicking sensation:

Discomfort:

Other symptoms:

### Interpretation

### Additional notes