

Rent Test

Patient information

Name:

Age:

Date of examination:

Test procedure

1. **Positioning of patient:** Ensure the patient's arm is relaxed at their side; note any initial discomfort.
2. **Palpation:** Begin by palpating the shoulder area to locate the supraspinatus tendon; note any initial findings such as tenderness or gaps.
3. **Manipulation:** Instruct the patient to rotate their arm internally and externally. Carefully observe any changes in pain or detectable defects in the tendon area.
4. **Observations:** Record any pain response, palpable gaps, or other abnormalities detected during manipulation. Look for the presence of a palpable or prominent eminence (Greater tuberosity) and/or rent (defect or 'sulcus') which indicates a full-thickness tear.

Test results

Test outcome

Positive

Negative

Details

Diagnostic implications and recommendations

Further diagnostic actions

MRI

Ultrasound

Other: _____

Treatment recommendations

Clinician signature

Name and signature:

Date signed: