O'Brien's Test

Patient Information

Name: John Doe

Date of Birth: 08/15/1980

Medical Record Number: 123456

Date of Examination: 03/01/2023

Clinical History

John Doe complains of persistent right shoulder pain and clicking, especially during overhead activities. He reports no significant trauma but notes a gradual onset of symptoms over the past six months. No other relevant medical history was reported.

Objective

Using O'Brien's Test, assess the presence of labral tears in the right shoulder.

Procedure

1. Patient Positioning

The patient stands with the right arm in 90 degrees of forward flexion.

The arm is then internally rotated and adducted to 10-15 degrees.

2. Test Execution

The examiner resists the patient's downward force while the right arm is internally rotated and adducted.

The same procedure is then repeated with the right arm in external rotation.

3. Observations

The patient reports sharp pain and clicking during the internally rotated and adducted position.

No significant pain or discomfort is noted during the externally rotated position.

A limited range of motion was observed during the internally rotated phase.

Interpretation

Positive for pain and discomfort during the internally rotated and adducted position, with relief during external rotation. Findings are suggestive of a possible labral tear.

Clinical Implications
Consider further diagnostic imaging, such as an MRI arthrogram, to confirm and assess the extent of the labral tear.
Recommendations
Referral to an orthopedic specialist for detailed evaluation and management.
Follow-up
Schedule an appointment for an MRI arthrogram within the next two weeks.
Comments
The patient was cooperative throughout the examination. Educating the patient on activity modification and providing pain management strategies is recommended until further evaluation is completed.