

AC Resisted Extension Test

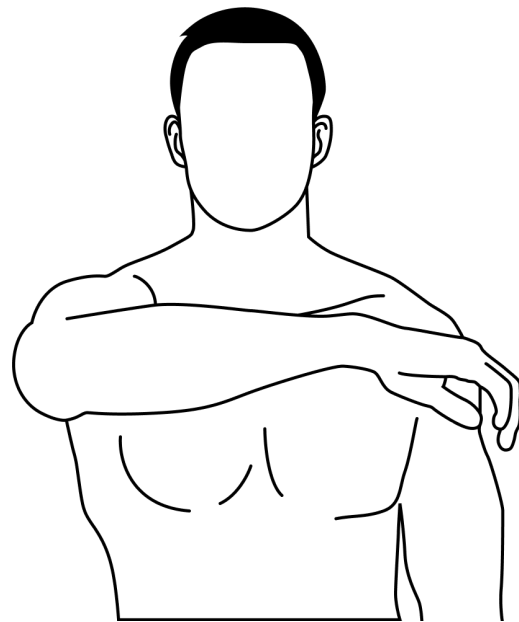
Name: _____ Age: _____

Examiner: _____ Date: _____

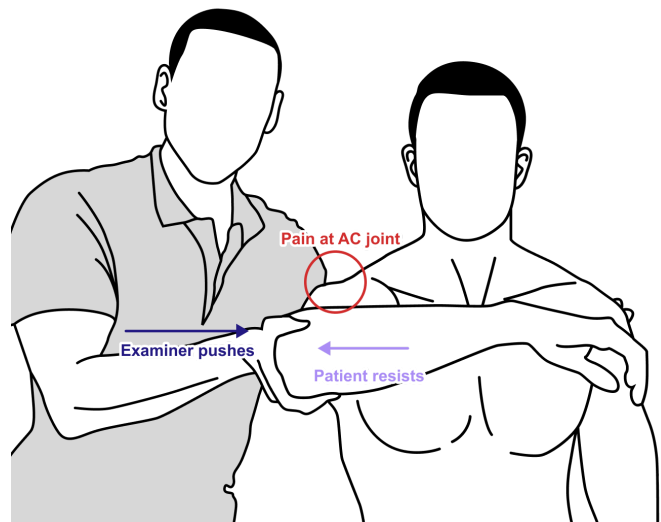
Test procedure

1. The patient is seated.
2. The examiner stands behind the patient.
3. The patient's shoulder is positioned into 90° flexion and internal rotation.

4. The patient's elbow is placed into 90° flexion.



5. The examiner places their hand on the patient's elbow and asks the patient to horizontally abduct the arm against isometric resistance.



6. Observe the patient for pain at the AC joint.

Test results

- Negative:** No pain observed.
- Positive:** Pain observed at the AC joint.

Additional notes

Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice: