

Paxino's Test

Patient information

Name:

Age:

Date of test:

Purpose

The purpose of Paxino's Test is to detect the presence of acromioclavicular (AC) joint pain. This test helps diagnose issues related to the AC joint, which can cause shoulder pain due to inflammation or irritation.

Equipment needed

Examination table or chair

Test procedure

1. Instruct the patient to sit on an examination table or chair with their symptomatic arm resting by their side. Ensure the patient is relaxed and comfortable.
2. Place your thumb under the posterolateral aspect of the acromion on the patient's symptomatic side. Position the index and middle fingers of the same (or contralateral) hand superior to the mid-clavicle. This hand positioning is crucial for applying the necessary pressure accurately.
3. Using your thumb, apply pressure to the acromion in an anterosuperior direction. Simultaneously, apply pressure in an inferior direction to the mid-clavicle using your index and middle fingers. This technique aims to elicit pain or discomfort in the AC joint.
4. Observe the patient's response to the applied pressure. A positive test is indicated if pain is elicited or increased in the region of the AC joint. Record the patient's pain response accurately.

Results

- Positive:** Indicates potential inflammation or irritation of the AC joint. This result suggests that the patient's shoulder pain may originate from the AC joint.
- Negative:** Suggests no significant issues with the AC joint. This result indicates that the AC joint is not the primary source of the patient's shoulder pain.

Additional notes

Healthcare professional information

Name:

Signature:

Date:

Reference

Walton, A., Mahajan, S., Paxinos, A., Marshall, J., Bryant, C., Shnier, R., Quinn, R., & Murrell, R. (2004). Diagnostic values of tests for acromioclavicular joint pain. *J Bone Joint Surg*, 86(4), 807-812. <https://doi.org/10.2106/00004623-200404000-00021>