

AC Resisted Extension Test

Name: _____ Age: _____

Examiner: _____ Date: _____ dd / mm / yyyy

TEST PROCEDURE

The patient is seated. The examiner stands behind the patient. The patient's shoulder is positioned into 90° flexion and internal rotation. The patient's elbow is placed into 90° flexion. The examiner places their hand on the patient's elbow and asks the patient to horizontally abduct the arm against isometric resistance. Observe the patient for pain at the AC joint.

TEST RESULTS

Select one:

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

ADDITIONAL NOTES

Specify below:

HEALTHCARE PROFESSIONAL'S INFORMATION

Name: _____ License number: _____

Phone number: _____ Email: _____

Name of practice: _____