

AC Joint Test

Patient Information	
Name:	Gender:
Age:	Date of Examination:
Reason for Examination	
Suspected AC joint injury Shoulder pain Post-traumatic assessment Other:	Notes:
Specific AC Joint Tests	
1. O'Brien's Test (Active Compression Test)	
Instructions: Have the patient flex their arm to 90 degrees, adduct 10-15 degrees, and internally rotate so the thumb is down. Then, apply a downward force. The test is then repeated with the palm facing up.	
Positive: Pain or discomfort localized to the AC joint Negative: No pain or discomfort localized to the AC joint	Notes:
2. Cross-Body Adduction Test	
Instructions: Passively bring the patient's arm across the chest at 90 degrees of flexion. The examiner applies pressure to the elbow, pushing the arm closer to the chest.	
Positive: Pain over the AC joint when arm is adducted across the body Negative: No pain over the AC joint during test	Notes:

3. Load and Shift Test

Instructions: Stabilize the clavicle with one hand and apply an anterior and posterior force to the humerus with the other hand. This tests the stability of the AC joint.

Positive: Excessive movement or pain at the AC joint

Negative: Stable joint without excessive movement or pain

Notes:

Imaging

X-Ray

MRI

Ultrasound

Findings:

Assessment

Diagnosis:

Severity of Injury (if applicable):

Management Plan

Conservative Treatment (Rest, Ice, Compression, Elevation - RICE)

Physical Therapy

Pain Management (Medications)

Surgical Consultation

Specific Recommendations:

Follow-Up

Next Appointment:

Date:

Time:

Monitoring Parameters:

Provider's Comments

Doctor's Name and Signature:

Date Signed: