

AC Shear Test

Name:

Date:

Instructions

1. Seat the patient comfortably and instruct them to relax their shoulder muscles.
2. Briefly explain the test to the patient, informing them that you will be assessing the integrity of the acromioclavicular joint.
3. Stand behind the patient and stabilize the scapula by placing one hand on the medial border of the scapula.
4. With your other hand, grasp the patient's affected clavicle near the acromioclavicular joint. Position your fingers on the clavicle just lateral to the joint.
5. Apply a downward and posteriorly directed force to the clavicle, causing a shearing motion at the acromioclavicular joint.
6. Observe the patient's reaction and look for any signs of pain or instability at the acromioclavicular joint.
7. Ask the patient if they experience any pain or discomfort during the test. They should communicate any sensations they feel, particularly if they replicate their symptoms.
8. Repeat the test on the unaffected side for comparison, assessing for any differences in pain or stability between the two sides.

Findings

Additional Notes