

# Adson's Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Adson's Test is a medical diagnostic test that is used to evaluate the presence of thoracic outlet syndrome (TOS). This syndrome is a condition that occurs when nerves and blood vessels in the area between the neck and the armpit (known as the thoracic outlet) become compressed or squeezed.

## Instructions

1. Start by having the patient sit comfortably on the edge of a table or chair.
2. Have the patient turn their head to the side being tested and extend their chin.
3. Find the radial pulse on the side being tested by placing your fingers on the patient's wrist. Use your thumb to feel for the pulse on the thumb side of the wrist (where a watch would be worn).
4. Instruct the patient to take a deep breath and hold it.
5. While the patient is holding their breath, ask them to tilt their head back slightly and rotate their shoulder blade back and down.
6. While maintaining the patient's position, check to see if the radial pulse disappears or becomes weaker.
7. Repeat the test on the opposite side.

## Reminders

- Make sure the patient is sitting in a comfortable and relaxed position.
- Instruct the patient to take a deep breath and hold it, as this can help accentuate any symptoms of TOS.
- Be gentle when feeling for the radial pulse, as pressing too hard can cause it to disappear even in patients without TOS.
- Ensure the patient is not compensating for discomfort by altering their position or breathing during the test.
- It's important to remember that Adson's Test is just one tool in diagnosing TOS. A thorough medical history, physical examination, and imaging tests may also be necessary to diagnose the condition properly.

## Additional Notes