



## Accessory Joint Motion Examination Technique

- ☐ Explain the technique to the patient
- ☐ Position the patient comfortably
- ☐ Apply technique to contralateral joint
- ☐ Stabilize proximal segment
- ☐ Place hands as close as possible to joint
- ☐ Place the joint in its resting position and distract the joint
- ☐ Apply glide force parallel to joint surface
- ☐ Repeat technique on involved joint
- ☐ Compare to noninjured joint
- ☐ Record findings

From S. Shultz, P. Houglum, and D. Perrin, 2016. *Examination of musculoskeletal injuries*, 4th ed. (Champaign, IL: Human Kinetics).