

Video: Crossed-Chest Adduction—Costochondritis.mov

Speaker 1: [00:00:06] Another physical exam maneuver we can use to evaluate the pains of costochondritis and try to recreate these pains is called the crossed-chest adduction test. With the pains of costochondritis sometimes being generalized, we'll perform this test typically on the right and left side. For the purposes of this video, we'll be using the patient's right arm. We'll ask the patient to look to their right side and cross their right arm across their body. We'll take the arm and add general traction prolonged horizontally across their body and see if this recreates the pains. Again, you can perform this test on the right and left arm to try and recreate the pains of costochondritis.