

## Video: Crowing Rooster—Costochondritis.mov

**Speaker 1:** [00:00:04] Today, we're going to demonstrate a physical exam maneuver, called the crowing rooster, to help recreate the pains of costochondritis. There are two ways to perform this exam maneuver. The first way, we have the patient place their hands behind their head, like this. I'm going to come around to the side, grab the patient mid-humerus and add general traction superiorly and posteriorly, and ask the patient to extend their neck and look up toward the ceiling. The second way to perform this exam maneuver is to have the patient abduct the arms out to the side. Again, I'll come over and grab the patient mid-humerus, add gentle traction superiorly and posteriorly, and ask the patient again to look up toward the ceiling and extend their neck. Reproduction of pain with either of these crowing rooster maneuvers suggests a diagnosis of costochondritis.