

SPECIAL TESTS

ANKLE

- Anterior Drawer** – anterior talofibular ligament
Positive Sign – pain, laxity
- Talar Tilt** – calcaneofibular ligament; deltoid ligament
Positive Sign – pain, laxity
- Kleiger** – deltoid ligament
Positive Sign – medial and lateral pain, displaced talus
- Thompson's Test** – Achilles tendon rupture
Positive Sign – no plantar flexion
- Swing Test** – posterior tibiotalar subluxation
Positive Sign – resistance to normal dorsiflexion
- Tinel's Sign** – deep peroneal nerve; posterior tibial nerve
Positive Sign – no tingling and para-seizure
- Morton's Test** – Morton's neuroma
Positive Sign – pain between 3rd and 4th metatarsals
- Homan's Sign** – deep vein thrombophlebitis (calf)
Positive Sign – pain in calf with passive dorsiflexion of ankle and knee extended; pain with palpation of calf

KNEE

LIGAMENT TESTS

- Valgus** – lateral collateral ligament
Positive Sign – pain, laxity
- Varus** – medial collateral ligament
Positive Sign – pain, laxity
- Posterior Drawer** – posterior cruciate ligament
Positive Sign – pain, laxity
- Anterior Drawer** – anterior cruciate ligament
Positive Sign – pain, laxity
- Lachman** – anterior cruciate ligament
Positive Sign – pain, laxity
- Slocum** – anterior cruciate ligament
Positive Sign – pain, laxity
- Hughston** – posterior cruciate ligament
Positive Sign – pain, laxity

MENISCUS TESTS

- Apley Compression** – meniscus lesion
Positive Sign – pain,
- Apley Distraction** – ligament lesion
Positive Sign – pain,
- Squat** – medial (internal rotation); lateral (external rotation)
Positive Sign – pain,
- McMurray** – medial (varus/internal rotation); lateral (valgus/ external rotation)
Positive Sign – pain,

OTHER TESTS

“Q” Angle – patella tracking; dislocation

Apprehension – patellar dislocation

Positive Sign – contraction of quadriceps muscles

Femoral Grinding –

Waldron – condralmalaysia

Positive Sign – grinding of patella while extending leg

Noble Compression Test – IT band

Positive Sign – decreased pain

Wilson Test – osteochondritis dissecan

Positive Sign – decreased pain

Thigh Contusion –

HIP

MORE THAN ONE AREA

Straight Leg Raise – hip joint pathology (single); SI joint pathology (bilateral); tight hamstrings

Positive Sign –

Patrick’s Test -

Positive Sign –

Periformis Syndrome Test – periformis tightness (periformis); sciatica (buttock)

Positive Sign – pain in periformis or buttock

Sign Of The Buttock – lumbar, sciatic, or hamstring (negative); bursitis, tumor, or abscess in buttock (positive)

Positive Sign – no increased flexion

Trendelenburg – gluteus medius

Positive Sign – pain in Symphysis pubis or SI joint

Flamingo – Symphysis pubis or SI

Positive Sign – pain in Symphysis pubis or SI joint

Gaenslen’s Test – ipsilateral SI joint lesion; hip; L4

Positive Sign – pain

SI JOINT

Ipsilateral Prone Kinetic Test – ilium flexion and rotation

Positive Sign – no movement

Piedallu’s Sign – hypomobile SI

Positive Sign – lower side becomes higher side

Gillet’s – hypomobile SI

Positive Sign – affected side moves little or up

HIP

Ober – IT band tightness

Positive Sign – leg doesn’t drop to the table, pain on trochanter

Trochanteric Bursitis –

Positive Sign – pain on palpation, hip flexion and adduction while weight bearing

Iliopsoas Bursitis – anterior groin pain

Positive Sign – pain on hip flexion

Thomas – rectus femoris

Positive Sign – extended leg flexes at knee;

Craig's Test – internal/external rotation of hip

Positive Sign –

Torque Test – hip capsular ligament integrity

Positive Sign –

OTHERS

Leg Length Discrepancy

Torsion - tibial or femoral (cause of discrepancy)

SPINE

CERVICAL

Foraminal Compression (Spurling's) – cervical radiculitis/nerve root pressure

Positive Sign – pain on side head towards; pain on opposite side is muscle spasm

Distraction Test – nerve root pressure

Positive Sign – decreased pain

Upper Limb Tension Test – brachial plexus

Positive Sign – minimal or no symptoms

Adson Maneuver – thoracic outlet syndrome

Positive Sign – disappearance of pulse

Allen Test –

Positive Sign – disappearance of pulse

Halstead Maneuver –

Positive Sign – disappearance of pulse

Shoulder Abduction Test – herniated disc, epidural vein, and nerve root compression

Positive Sign – decrease or relief of symptoms

Valsalva Test – herniated disc or tumor

Positive Sign – increased pain

Romberg's Test – upper motor neuron lesion

Positive Sign – excessive sway or loss of balance

Vertebral Artery Test (Cervical Quadrant) – vertebral artery compression

Positive Sign – dizziness and nystagmus

LUMBAR

Straight Leg Raise – space-occupying lesion

Positive Sign – radiating pain; pain on opposite side (unilateral raise)

Prone Knee Bending – L2 or L3 nerve root lesion (posterior & lumbar); tight quad or stretched femoral nerve (anterior thigh)

Positive Sign – pain in posterior and lumbar area; pain in anterior thigh

Slump Test – neuromenengeal tract tension

Positive Sign – knee extends further with release of cervical,

symptoms decrease; or increase in symptoms

Brudzinski-Kernig Test – meningeal irritation

Positive Sign – neck and back discomfort

Valsalva – see cervical

Positive Sign – increased pain

Bowstring Test – sciatic nerve pressure or tension

Positive Sign – symptoms reestablished

Babinski Test – upper motor neuron lesion

Positive Sign – extension of big toe and abduction of the others

Beevor's Sign – abdominal muscle dysfunction

Positive Sign – umbilicus not in straight line

Hoover Test –

Positive Sign – patient can't lift leg or examiner feels no pressure from opposite leg

SHOULDER

ANTERIOR INSTABILITY

Load and Shift Test –

Positive Sign – pain, laxity, reproduction of symptoms

Crank –

Positive Sign – apprehension, resistance to further motion, feeling experienced when previously dislocated

Fulcrum –

Positive Sign – apprehension

Anterior Drawer –

Positive Sign – clicking, apprehension

POSTERIOR INSTABILITY

Load and Shift Test –

Positive Sign – pain, laxity, reproduction of symptoms

Posterior Apprehension Test –

Positive Sign – apprehension, resistance to further motion, reproduction of symptoms

Push-Pull Test –

Positive Sign – apprehension, greater than 50% posterior translation

INFERIOR INSTABILITY

Sulcus Sign –

Positive Sign – measurement acromion to humeral head greater than 1 cm

Feagin Test –

Positive Sign – apprehension

LABRAL LESIONS (TEARS)

Clunk Test –

Positive Sign – clunk, grinding sound

Anterior Slide –

Positive Sign – popping or cracking, anterosuperior pain

Compression Rotation Test – bankhart or SLAP lesion

Positive Sign – snapping or catching

SCAPULAR STABILITY

Lateral Scapular Slide Test –

Positive Sign –

ACROMIOCLAVICULAR SEPARATION/SPRAIN

Acromioclavicular Shear Test –

Positive Sign – pain or abnormal movement of AC joint

Scratch and Pull Test –

Positive Sign – pain, apprehension

MUSCLE TENDON PATHOLOGY

Speed's Test – biceps tendon

Positive Sign – increased tenderness in the bicipital groove (tendonitis); profound weakness (2nd or 3rd degree strain)

Yeargason's Test – biceps tendon

Positive Sign – tenderness in the bicipital groove (may pop out)

Empty Can Test – supraspinatus

Positive Sign – pain, weakness

Drop Arm Test (Codman's) – rotator cuff complex tear

Positive Sign – unable to return arms to side smoothly or slowly, severe pain

Lift-off Sign – subscapularis

Positive Sign – inability to lift hand away from back

IMPINGEMENT

Neer Test – supraspinatus and/or biceps tendon overuse

Positive Sign – pain

Hawkins-Kennedy Test –

Positive Sign – pain

Impingement Test –

Positive Sign – pain in anterior or posterior shoulder or both and indicates a grade II or III shoulder lesion

NEUROLOGICAL TESTS

Brachial Plexus Tension Test – stretch of brachial plexus

Positive Sign – minimal or no symptoms

Tinel's Sign –

Positive Sign – no tingling or para-seizure

THORACIC OUTLET SYNDROME

Roos Test –

Positive Sign –

Costoclavicular Syndrome Test –

Positive Sign –

WRIST

LIGAMENTS, CAPSULES, AND JOINT INSTABILITY

Ligamentous Instability For The Fingers – collateral ligaments

Positive Sign –

Thumb Ulnar Collateral Ligament Laxity or Instability Test –

Positive Sign – valgus > 35°

Murphy's Sign – lunate dislocation; level of 3rd metacarpal head

Positive Sign –

Watson Test (Scaphoid Shift) – instability of scaphoid and lunate bones

Positive Sign – pain on radial deviation

Piano Keys Test – instability of distal radioulnar joint

Positive Sign – mobility and pain on ulnar depression

Axial Load – metacarpal or carpal fracture or joint arthrosis

Positive Sign –

TENDONS AND MUSCLES

Finkelstein Test – tenosynovitis of abductor pollicis longus and extensor pollicis brevis tendons

Positive Sign – pain over the tendons

Sweater Finger Sign – digitorum profundus tendon rupture

Positive Sign – distal phalanx of finger won't flex

Extensor Hood Rupture –

Positive Sign – inability to extend interphalangeal joint while DIP is extending

Bunnel-Littler Test – tight intrinsic muscle or contracture of joint capsule

Positive Sign –

NEUROLOGICAL DYSFUNCTION

Tinel's Sign – carpal tunnel syndrome

Positive Sign – tingling in median nerve

Phalen's Test – carpal tunnel syndrome (median nerve)

Positive Sign – tingling in median nerve

Carpal Compression Test – carpal tunnel syndrome

Positive Sign –

Forment's Sign – ulnar nerve paralysis

Positive Sign – flexion of IP joint of thumb and/or hyperextension of MCP joint

Weber's Two-Point Discrimination Test (Moberg's) –

Positive Sign –

CIRCULATION AND SWELLING

Allen Test –

Positive Sign –

Digital Blood Flow –

Positive Sign – nail bed doesn't return to normal color within 3 seconds