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 dissecans
  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 3<sup>rd</sup> 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

Phalan’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