

CONTENTS

<i>Dedication</i>	v
<i>Acknowledgments</i>	xiii
<i>About the Authors</i>	xv
<i>Preface</i>	xix
<i>Foreword by Edward G. McFarland, MD</i>	xxv



Section 1: Temporomandibular 1

Chvostek's Sign	2
Loading Test	4
Palpation Test	5



Section 2: Cervical Spine.....7

Vertebral Artery Test	8
Foraminal Compression Test (Spurling)	10
Foraminal Distraction Test	13
Valsalva's Maneuver	15
Swallowing Test	17
Tinel's Sign	18



Section 3: Shoulder.....21

Empty Can (Supraspinatus) Test	22
Yergason Test	24
Speed's Test	27
Ludington's Sign	29
Drop Arm Test	31
Lateral Scapular Slide Test (LSST)	33
Apley's Scratch Test	36
Cross-Over Impingement Test	39
Posterior Impingement Test	41
Neer Impingement Test	44
Hawkins-Kennedy Impingement Test	46
Sternoclavicular (SC) Joint Stress Test	48

Acromioclavicular (AC) Joint Distraction Test	49
Acromioclavicular (AC) Joint Compression Test (Shear)	50
Piano Key Sign	52
Apprehension Test (Anterior)	53
Apprehension Test (Posterior)	55
Sulcus Sign	57
Anterior Drawer Test	59
Posterior Drawer Test	61
Jobe Relocation Test	63
Surprise Test (Active Release Test)	66
Feagin Test	69
Load and Shift Test	71
Grind Test	73
Clunk Test	74
Crank Test	77
O'Brien Test (Active Compression)	80
Brachial Plexus Stretch Test	83
Adson's Maneuver	85
Allen's Test	88
Roos Test (Elevated Arm Stress Test)	90
Military Brace Position	93
Gerber's Test (Lift-Off Test)	94
Jerk Test (Posterior Stress)	96
Painful Arc Sign	99



Section 4: Elbow 101

Resistive Tennis Elbow Test (Cozen's Test)	102
Resistive Tennis Elbow Test	104
Passive Tennis Elbow Test	106
Golfer's Elbow Test	108
Hyperextension Test	110

Elbow Flexion Test 111
 Varus Stress Test 113
 Valgus Stress Test 114
 Tinel’s Sign 116
 Pinch Grip Test 119

 **Section 5: Wrist and Hand..... 121**

Tap or Percussion Test 122
 Compression Test..... 124
 Long Finger Flexion Test 125
 Finkelstein Test 127
 Phalen Test 129
 Reverse Phalen Test..... 132
 Tinel’s Sign 134
 Froment’s Sign 137
 Wrinkle Test 139
 Digital Allen’s Test 141
 Bunnel Littler Test 145
 Murphy’s Sign 147
 Watson Test 148
 Valgus Stress Test..... 151
 Varus Stress Test 153
 Ballottement Test..... 154

 **Section 6: Thoracic Spine 157**

Kernig/Brudzinski Signs 158
 Lateral and Anterior/Posterior Rib Compression Tests 161
 Inspiration/Expiration Breathing Test..... 163

 **Section 7: Lumbar Spine 165**

Valsalva’s Maneuver 166
 Stoop Test..... 168
 Hoover Test 170

Kernig/Brudzinski Signs 173
90-90 Straight Leg Raise Test 176
Bowstring Test (Cram Test) 178
Sitting Root Test 181
Unilateral Straight Leg Raise Test (Lasègue Test) 183
Bilateral Straight Leg Raise Test 187
Well Straight Leg Raise Test (Crossed Straight Leg Raise) 189
Slump Test 191
Thomas Test 195
Spring Test 199
Trendelenburg’s Test 201
Stork Standing Test 205



Section 8: Sacral Spine 209

Sacroiliac (SI) Joint Fixation Test 210
Gillet Test 215
Sacroiliac (SI) Joint Stress Test 218
Squish Test 224
Yeoman’s Test 225
Gaenslen’s Test 227
Patrick or FABER Test 229
Long-Sitting Test 232



Section 9: Hip 237

Hip Scouring/Quadrant Test 238
Craig’s Test 241
90-90 Straight Leg Raise Test 244
Patrick or FABER Test 246
Trendelenburg’s Test 249
Ober’s Test 253
Piriformis Test 257
Thomas Test 259

Ely's Test263
 Femoral Nerve Traction Test266



Section 10: Knee 269

Patella Tendon/Patella Ligament Length Test.....270
 Patellar Apprehension Test.....272
 Ballotable Patella or Patella Tap Test.....275
 Sweep Test (Wipe, Brush, Bulge, or Stroke Test)277
 Q-Angle Test280
 Medial-Lateral Grind Test283
 Bounce Home Test.....285
 Patellar Grind Test (Clarke's Sign)287
 Renne Test290
 Noble Test.....292
 Hughston's Plica Test294
 Godfrey 90/90 Test296
 Posterior Sag Test (Gravity Drawer Test)297
 Reverse Pivot Shift (Jakob Test).....299
 Anterior Lachman's Test303
 Anterior Drawer Test.....306
 Slocum Test With Internal Tibial Rotation.....308
 Slocum Test With External Tibial Rotation310
 Pivot Shift Test312
 Jerk Test.....316
 Posterior Drawer Test.....319
 Hughston Posteromedial Drawer Test.....321
 Hughston Posterolateral Drawer Test.....323
 Posterior Lachman's Test.....325
 External Rotation Recurvatum Test.....327
 Dial Test (Tibial External Rotation Test)329
 Valgus Stress Test.....333
 Varus Stress Test337

McMurray Test.....340
Apley Compression Test344
Steinman’s Tenderness Displacement Test.....347
Thessaly Test350
Ober’s Test354
Quad Active Test358
Lelli Test for Anterior Cruciate Ligament (ACL) Injuries360



Section 11: Ankle and Foot..... 363

Homans’ Sign.....364
Anterior Drawer Test.....366
Talar Tilt Test (Inversion)370
Talar Tilt Test (Eversion)372
Thompson Test.....374
Tap or Percussion Test376
Feiss Line.....377
Interdigital Neuroma Test.....380
Compression (Squeeze) Test382
Long Bone Compression Test384
Swing Test.....385
Kleiger’s Test387
Tinel’s Sign390



Section 12: Contemporary Special Tests 393

Impingement Reduction Test394
Walking Arm Stress (WAS) Test397
Finger Extension Test.....399
Flexor Pronator Syndrome Test.....402
Tarsal Twist Test404

Financial Disclosures 407