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Video Contents

The following video clips are available online at <https://studentconsult.inkling.com> using the pin code provided in this textbook.

3 Cervical Spine

Example of Complete Assessment of the Cervical Spine

Active Movements:

Active movements of the cervical spine

Passive Movements:

Passive movements of the cervical spine—general movements

Passive movements of the cervical spine—specific movements of individual segments

Resisted Isometric Movements:

Resisted isometric movements of the cervical spine

Scanning Examination:

Myotome testing

Peripheral joint scan

Sensory scanning examination

Special Tests:

Aspinall's transverse ligament test

Atlantoaxial lateral shear test

Brachial plexus tension test

Cervical flexion rotation test

Craniocervical flexion test

Deep neck flexor endurance test

Distraction test

First rib mobility test

Foraminal compression test

Jackson's compression test

Lateral flexion alar ligament stress test

Maximum cervical compression test

Rotational alar ligament stress test

Sharp-Purser test

Shoulder abduction (Bakody's) test

Upper limb neurodynamic (tension) tests (ULNT) (Elvey tests)

Vertebral artery (cervical quadrant) test

Joint Play Movements:

Joint play movements of the cervical spine

Vertebral pressures to the cervical spine

4 Temporomandibular Joint

Active Movements:

Active movements of the temporomandibular joint

Functional opening “knuckle” test

5 Shoulder

Example of Complete Assessment of the Shoulder

Active Movements:

Active movements of the shoulder

Apley's scratch test

Passive Movements:

Passive movements of the shoulder

Testing posterior capsular tightness

Resisted Isometric Movements:

Resisted isometric movements of the shoulder

Special Tests:

Abdominal compression test

Acromioclavicular crossover, crossbody, or horizontal adduction test

Active compression test of O'Brien

Anterior drawer test of the shoulder

Anterior slide testing

Bear-hug test

Biceps load test (Kim test II)

Biceps tension test

Clunk test

Compression rotation test

Coracoclavicular ligament test

Coracoid impingement sign

Crank test (relocation test)

Drop-arm test

Dropping sign

Dynamic labral shear test (O'Driscoll's SLAP test)

External rotation lag sign (ERLS) or drop test

Feagin test

Forced shoulder abduction and elbow flexion test

Fulcrum test

Hawkins-Kennedy impingement test

Hornblower's sign (Signe de Clairon)

Infraspinatus test

Internal (medial) rotation resistance strength test (IRRST) (Zaslav Test)

Jerk test

Kim test (biceps load test I)

Labral crank test

Lateral rotation lag sign

Lateral scapular slide test

Lift-off sign

Load and shift test (sitting)

Load and shift test (supine)

Mayo shear test

Neer impingement sign

Norwood stress test

Pain provocation test

Patte test

Paxinos sign

Posterior apprehension test

Posterior drawer test of the shoulder

Posterior internal impingement test

Push up test

Rent test for rotator cuff tear

Resisted supination external rotation test (RSERT)

Rockwood test for anterior instability

Roos test

Scapular load test in 45° abduction

Scapular retraction test

SLAP prehension test

Speed's test (biceps or straight arm test)

Subscapularis spring back or lag test

Sulcus test

Supine impingement test

Supraspinatus test (empty can or Jobe test)

Testing for rhomboid weakness

Testing for serratus anterior weakness

Testing for tightness of pectoralis major and pectoralis minor

Testing for trapezius weakness

Whipple test

Yergason's test

Joint Play Movements:

Acromioclavicular and sternoclavicular joint mobility

Anteroposterior glide of the humerus

Anteroposterior glide of the humerus in abduction

Caudal glide (long arm traction) of the humerus

Lateral distraction of the humerus

Posterior-anterior glide of the humerus

Scapulothoracic joint mobility

Palpation:

Palpation about the shoulder

6 Elbow

Example of Complete Assessment of the Elbow

Active Movements:

Active movements of elbow

Passive Movements:

Passive movements of the elbow

Resisted Isometric Movements:

Resisted isometric movements of the elbow

Special Tests:

Arm bar test (posterior impingement test)

Elbow flexion test

Extension-supination plica impingement test

Flexion-pronation plica impingement test

Hook test

Lateral epicondylitis test (tennis elbow or Cozen's test)

Lateral epicondylitis test (Mill's test)

Lateral pivot shift test of the elbow

Ligamentous valgus and varus instability tests

Milking maneuver

Moving valgus stress test

Pinch grip test

Posterolateral rotary apprehension test

Posterolateral rotary drawer test

Tinel sign at the elbow

Valgus extension overload test

Joint Play Movements:

Anteroposterior glide of the radius on the humerus

Elbow distraction

Radial deviation of the ulna and radius on the humerus

7 Forearm, Wrist, and Hand

Example of Complete Assessment of the Wrist and Hand

Active Movements:

Active movements of the wrist

Passive Movements:

Fanning and folding of the hand

Functional Movements:

Wrist and hand scan to test for select functional movements

Special Tests:

Allen test

Checking digital blood flow

Figure of 8 measurement for hand swelling

Finkelstein (Eichhoff) test

Ligamentous instability test for the fingers

Lunotriquetral ballottement (Reagan's) test

Lunotriquetral shear test

Phalen's (wrist flexion) test

Reverse Phalen's (prayer) test

TFCC load test
 Thumb ulnar collateral ligament laxity or instability test
 Tinel sign at the wrist
 Ulnar fovea sign
 Ulnomeniscotriquetral dorsal glide test
 Watson scaphoid shift test

Joint Play Movements:

Individual carpal bone shear tests
 Joint play movements of the wrist

8 Thoracic (Dorsal) Spine

Example of Complete Assessment of the Thoracic Spine

Active Movements:

Active movements of the thoracic spine
 Measuring chest expansion
 Rib motion

Passive Movements:

Passive flexion/extension movement of the thoracic spine
 Passive side flexion and rotation of the thoracic spine

Special Tests:

Slump test

9 Lumbar Spine

Example of Complete Assessment of the Lumbar Spine

Active Movements:

Active movements of the lumbar spine
 Quick test

Resisted Isometric Movements:

Double straight leg lowering test
 Dynamic abdominal endurance test
 Internal/external abdominal oblique test
 Isometric abdominal test
 Isometric extensor test

Scanning Examination:

Myotome testing
 Peripheral joint scan

Special Tests:

Bilateral straight leg raise
 Bowstring sign
 Femoral nerve traction test
 H and I stability tests
 One-leg standing lumbar extension test
 Passive lumbar extension test
 Prone knee bending test
 Prone segmental instability test
 Quadrant test for the lumbar spine
 Slump test
 Specific lumbar spine torsion test

Straight leg raising test (Lasègue's test)
 Test of anterior lumbar spine instability
 Test of posterior lumbar spine instability

Joint Play Movements:

Flexion, extension and side flexion of the lumbar spine
 PACVP, PAUVP, and TVP

10 Pelvis

Active Movements:

Functional test of prone-active straight leg raise
 Nutation and counternutation of the sacroiliac joint

Passive Movements:

Gapping test (prone)
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 Passive extension and medial rotation of the ilium on the sacrum
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 Thigh thrust test

Special Tests:

Flamingo test
 Functional hamstring length test
 Functional limb length test
 Gaenslen's test
 Gillet's (sacral fixation) test
 Ipsilateral anterior rotation test
 Leg length test
 Prone knee bending (Nachlas) test
 Sign of the buttock test
 Supine-active straight leg raise
 Trendelenburg sign

11 Hip

Example of Complete Assessment of the Hip

Active Movements:

Active movements of the hip

Special Tests:

90–90 straight leg raising test
 Adduction contracture test
 Anterior labral tear test
 Anteroposterior impingement test
 Craig's test
 Dial test of the hip
 Ely's test for a tight rectus femoris
 Flexion-adduction test
 Functional leg length
 Hip scour test

Measuring true leg length
 Noble compression test
 Ober's test
 Patrick's test (FABER or Figure-4 test)
 Posterior labral tear test
 Posteroinferior impingement test
 Prone lying test for iliotibial band contracture
 Rectus femoris contracture test
 Sign of the buttock test
 Testing for hip rotator tightness
 Thomas test
 Trendelenburg sign
 Weber-Barstow maneuver for leg length asymmetry

12 Knee

Example of Complete Assessment of the Knee

Active Movements:

Active movements of the knee
 Patellar tracking

Passive Movements:

Passive movements of the knee—patellar mobility

Ligamentous Instability Tests:

Abduction (valgus stress) test
 Active drawer test
 Active pivot shift test
 Adduction (varus stress) test
 Crossover test
 Drawer sign
 Drawer sign—alternate methods
 External rotational recurvatum test
 Godfrey test
 Hughston's posteromedial drawer sign
 Hughston's valgus stress test
 Hughston's varus stress test
 Jakob test
 Jerk test of Hughston
 Lachman test
 Lateral pivot shift maneuver
 Loomer's test
 Losee test
 Noyes flexion-rotation drawer test
 Posterior sag sign
 Posteromedial pivot shift test
 Reverse Lachman test
 Slocum anterolateral rotary instability (ALRI) test
 Slocum test
 Soft pivot shift test
 Tibial lateral rotation test (dial test of the knee)
 Varus-valgus stress test

Special Tests:

Apley's test
 Bounce home test
 Brush, stroke or bulge test
 Clarke's sign
 Dynamic knee test
 Ege's test
 Fairbank's apprehension test
 Fluctuation test
 Hughton's plica test
 Indentation test
 McConnell test for chondromalacia patellae
 McMurray test
 Mediopatellar plica test
 Moving patellar apprehension test
 Noble compression test
 Patellar tap test
 Plica "stutter" test
 Q-Angle or patellofemoral angle
 Step up test
 Thessaly test

Joint Play Movements:

Anteroposterior movement of the tibia on the femur
 Anteroposterior movement of the fibula on the tibia
 Medial and lateral displacement of the patella
 Medial and lateral translation of tibia on femur

13 Lower Leg, Ankle, and Foot

Example of Complete Assessment of the Ankle and Foot

Active Movements:

Active movements (non-weight bearing posture) of the foot and ankle

Special Tests:

Anterior drawer test
 Cotton test (lateral stress test)
 External rotation stress test (Kleiger test)
 Fibular translation test
 Figure-eight ankle measurement for swelling
 Leg—rearfoot (heel) alignment
 Matles test
 Medial subtalar glide test
 Navicular drop test
 Neutral position of the talus (prone)
 Neutral position of the talus (supine)
 Neutral position of the talus (weight bearing)
 Prone anterior drawer test
 Rearfoot—forefoot alignment
 Talar tilt test
 Thompson's test for Achilles tendon rupture
 Tibial torsion test—prone