

Special Tests

<u>Joint</u>	<u>Structure/Disorder/Injury</u>	<u>Special Test</u>
Jaw	TMJ Syndrome/Dysfunction	Bite/Cotton Roll Test
Cervical Spine	Alar Ligament	Alar Ligament Stress Test
	Atlantoaxial Joint (C1/2 Dysfunction)	Cervical Flexion Rotation Test
	Autonomic Nervous System	Valsalva Maneuver
	Cervicogenic Headache	Cervical Flexion Rotation Test
	Deep Cervical Flexors	Craniocervical Flexion Test Neck Flexor Endurance Test
	Disc or Facet Dysfunction	Compression/Distracton Test
	Fracture	Rotation < 45 degrees
	Neural Tension	Upper Limb Tension Test
	Radiculopathy	Distracton Test Rotation < 60 degrees Spurling's Test ULPT 1
	Transverse Ligament	Sharp Purser Test Transverse Ligament Stress Test
Vertebrobasilar Artery Insufficiency	Neck Extension-Rotation Test	
Thoracic Spine	First Rib Hypomobility	Cervical Rotation Lateral Flexion Test
	Limited Chest Expansion	Thoracic Excursion
	Neural Tension	Slump Test
	Thoracic Outlet Syndrome	Adson Maneuver Allen Test Costoclavicular Syndrome Test Halstead Test Roos Test Wright Test (Hyperabduction Test)
Lumbar Spine/ Pelvis	Force Closure Problem	Supine/Prone ASLR with Muscle Challenge
	Form Closure Problem	Supine/Prone ASLR with Manual Stability
	Innominate (Anteriorly Stuck)	Standing March Test Supine to Long Sit (Long → Short)
	Innominate (Posteriorly Stuck)	Forward Bend Test Supine to Long Sit (Short → Long)
	Instability	H and I Test Lumbar Torsion Test Passive Lumbar Extension Test Prone Segmental Instability Test
	Neural Tension	Centralization/Peripheralization Test Femoral Nerve Traction Test Prone Knee Bend Test Slump Test Straight Leg Raise Test
	Sacroiliac Dysfunction	Compression Test Distracton Test Gaenslen's Test Patrick's Test (FABER) Sacral Thrust Test Thigh Thrust Test

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Shoulder	Acromioclavicular Joint	Acromioclavicular Crossover Test Acromioclavicular Resisted Extension Test O'Brien's (Active Compression) Test Paxino's Sign
	Biceps Rupture (Long Head)	Ludington's Test
	Bicipital Tendonitis	Speed's Test Yergason's Test
	Impingement	Hawkins-Kennedy Test Neer's Test Painful Arc of Motion
	Instability	Apprehension/Crank Test Jerk Test Load and Shift Test Relocation Test Sulcus Sign
	Labral Tear	Anterior Slide Test Biceps Load II Test Clunk Test Crank Test Dynamic Labral Shear Test Jerk Test (Posteroinferior Labrum) O'Brien's (Active Compression) Test Passive Compression-Rotation Test Speed's Test
	Rotator Cuff Tear/Dysfunction	Belly Press Test (Subscapularis) Drop Arm Test (Supraspinatus) Empty Can/Jobe Test (Supraspinatus) ER Lag Sign (Teres Minor/Infraspinatus) Full Can Test (Supraspinatus) Hornblower's Sign (Teres Minor/Infraspinatus) Lift Off Test/IR Lag Sign (Subscapularis)
	Scapular Dyskinesia	Scapular Assist Test Scapular Relocation Test
Elbow	Anterior Interosseus Nerve	Pinch Grip Test
	Cubital Tunnel Syndrome (Ulnar Nerve)	Elbow Flexion Test Tinel's Sign
	Lateral Epicondylitis	Cozen's Test Maudsley's Test (3 rd Digit) Mill's Test (Tennis Elbow)
	Neural Tension	ULPT 1 or 2a (Median Nerve) ULPT 2b (Radial Nerve) ULPT 3 (Ulnar Nerve)
	Posterolateral Instability	Posterolateral Rotary Drawer Test
	Radial Collateral Ligament Sprain	Varus Instability Stress Test
	Ulnar Collateral Ligament Sprain	Moving Valgus Stress Test Valgus Instability Stress Test

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Wrist/Hand	1 st CMC Osteoarthritis	1 st CMC Grind Test
	Carpal Instability	Ballotement Test Watson Scaphoid Test
	Carpal Tunnel Syndrome	Carpal Compression Test Phalen's or Reverse Phalen's Test Tinel's Sign
	De Quervain's Syndrome/Tenosynovitis	Finklestein's Test
	Lunate Dislocation	Murphy's Sign
	PIP Capsular Restriction	Bunnel-Littler Test
	Scaphoid Fracture	Watson Test/Scaphoid Shift Test
	Triangular Fibrocartilage Complex	Press Test TFCC Grind Test
	Ulnar Collateral Ligament	Gamekeeper's/Skier's Thumb Test
	Ulnar Nerve Compression/Paralysis	Froment's Sign
	Vascular Insufficiency	Allen Test Capillary Refill Test
Hip	Dysplasia (Pediatric)	Barlow Maneuver Ortolani's Test
	Dysplasia (Excessive Femoral Anteversion)	Craig's Test
	Fracture/Trauma	Sign of the Buttock
	Gluteal Tendinopathy/ Greater Trochanteric Pain Syndrome	Patrick's Test (FABER) Resisted External Derotation Test Scour/Quadrant Test Trendelenburg Test
	Hamstring Contracture	90-90 Straight Leg Raise Test Tripod Sign
	Hip Flexor Contracture	Thomas Test
	Iliotibial Band Friction Syndrome	Noble Compression Test Renne's Test
	Impingement	FADDIR Test Scour/Quadrant Test
	Labral Tear	Anterior/Posterior Labral Tear Test FADDIR Test Log Roll Test Modified Thomas Test Patrick's Test (FABER) Resisted Straight Leg Raise Test Scour/Quadrant Test
	Osteoarthritis	Log Roll Test Patrick's Test (FABER) Scour/Quadrant Test
	Rectus Femoris Contracture	Ely's Test
	Sciatic Nerve Compression	Piriformis Test
	Tensor Fascia Latae/Iliotibial Band Contracture	Ober's/Modified Ober's Test

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Knee	ACL Tear	Anterior Drawer Test Lachman Test Lateral Pivot-Shift Test Slocum Test (Anterolateral Instability)
	Iliotibial Band Friction Syndrome	Noble Compression Test Renne's Test
	LCL Tear	Varus Stress Test
	MCL Tear	Valgus Stress Test
	Meniscus Tear	Apley's Compression Test Bounce Home Test Dynamic Test McMurray Test Thessaly Test
	Patellofemoral Dysfunction	Patellar Apprehension Test Patellar Grind Test (Clarke's Sign) Resisted Knee Extension
	PCL Tear	Posterior Drawer Test Posterior Sag Sign (Step off Test) Quadriceps Active Test
	PLC	Posterior Drawer Test with ER
	Plica	Hughston's Test
	Swelling	Brush Test Patellar Tap Test
Ankle/Foot	Achilles Tendon Tear/Rupture	Thompson Test
	ATFL Tear	Anterior Drawer Test Talar Tilt Test
	ATFL, PTFL, CFL, and/or Deltoid Ligament Tear	Talar Tilt Test
	DVT	Homan's Sign Wells Cluster
	Medial Longitudinal Arch	Navicular Drop
	Neural Tension	Tinel's Sign
	Neuroma/Metatarsal Stress Fracture	Morton's Compression Test
	Plantar Fasciitis	Windlass Mechanism/Test
	Syndesmosis	External Rotation Stress Test (Kleiger Test) Squeeze Test
Non-MSK/ Viscerogenic Origin	Appendix	Markle Sign McBurney's Point Tenderness Obturator Sign Psoas Sign Rovsing's Sign
	Ectopic Pregnancy	Cullen's Sign
	Gallbladder	Murphy's Sign
	Kidney	Murphy's Percussion
	Pancreas	Cullen's Sign Turner's Sign
	Peritoneum	Blumberg's Sign/Rebound Tenderness Kehr's Sign (Spleen)