

Special Test	Body Region	Competency Check-Off
Sulcus Sign - Inferior Laxity, Superior Labral Tear	Shoulder	
Anterior Apprehension Test - Anterior Instability	Shoulder	
Posterior Apprehension Test - Posterior Instability	Shoulder	
Neer - Subacromial impingement, Subacromial bursitis, RC tear, Superior labral tear	Shoulder	
Hawkins-Kennedy - Subacromial impingement, Subacromial bursitis, RC tear, Superior labral tear	Shoulder	
Posterior Internal Impingement Test - RC tears, posterior labral lesions	Shoulder	
Painful Arc - Subacromial Impingement, AC joint disorder	Shoulder	
Internal Rotation Resisted Strength Test - Internal Impingement	Shoulder	
Clunk - Labral tear, Superior labral tear	Shoulder	
Biceps Tension Test (SLAP) - SLAP lesion, unstable superior labrum lesions	Shoulder	
Speed's (Biceps) - SLAP Lesion, Biceps pathology, Any labral lesion, subacromial impingement	Shoulder	
Empty Can Test (Supraspinatus) - Rotator cuff test, all stages of impingement from bursitis through RC tear	Shoulder	
Lift-Off Test - Subscapularis Tear	Shoulder	
ROOS - Thoracic Outlet Syndrome	Shoulder	
Cross Arm Test - AC joint damage, Subacromial impingement	Shoulder	

Special Test	Body Region	Competency Check-Off
Varus and valgus elbow stress tests at 0° and 20° flexion - Elbow Instability	Elbow, Forearm, Wrist & Hand	
Tinel's sign - _ Ulnar Nerve entrapment (Cubital Tunnel Syndrome) - Median Nerve Entrapment (Carpal Tunnel Syndrome)	Elbow, Forearm, Wrist & Hand	
Allen Test - Circulation Test	Elbow, Forearm, Wrist & Hand	

Special Test	Body Region	Competency Check-Off
Straight leg raise - Herniated nucleus pulposus, Lumbar radiculopathy	Hip Girdle	
Scouring (Quadrant) test - Labrum, Capsulitis, Osteoarthritis, Femoral Acetabular Impingement Syndrome	Hip Girdle	
Faber test - Anterior or lateral capsular restriction or hip flexor tightness	Hip Girdle	
Sign of the buttock - Cancer Ischial bursitis, Peritoneal abses, s Sacral fx, Osteomyelitis of hip	Hip Girdle	
Leg length measurements	Hip Girdle	
Trendelenburg test - Gluteus Medius Pathology	Hip Girdle	

Special Test	Body Region	Competency Check-Off
Valgus/varus at 0° and 20° knee flexion - Valgus: MCL Tear; Vargul LCL Tear	Knee	
Anterior drawer test - ACL Tear	Knee	
Posterior Drawer Test - PCL Tear	Knee	
McMurray test - Torn Tibial Meniscus	Knee	
Apley's test - Torn tibial meniscus	Knee	
Clarke's patellar grind test - Patellofemoral joint pathology	Knee	

Special Test	Body Region	Competency Check-Off
Anterior drawer - Anterior talobibular ligament	Ankle/Foot	
Talar tilt (for Calcaneofibular ligament) - Calcaneofibular ligament	Ankle/Foot	

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Repeated motion testing: Seated Flexion/extension/rotation (for upper thoracic)	Thoracic Spine	
Repeated motion testing: Flexion, extension, side glide (for lower thoracic)	Thoracic Spine	

Special Test	Body Region	Competency Check-Off
Verbebral artery test - Vertebral artery insufficiency	Cranio-Cervical-Mandibular Complex	
Upper limb tension tests 1. Brachial Plexus 2. Median Nerve 3. Radial Nerve 4. Ulnar Nerve	Cranio-Cervical-Mandibular Complex	
Lhermitte's sign	Cranio-Cervical-Mandibular Complex	
Alar ligament test	Cranio-Cervical-Mandibular Complex	
Sharp-Pursor test - Cervical Instability	Cranio-Cervical-Mandibular Complex	
Spurling's test - Cervical Radiculopathy	Cranio-Cervical-Mandibular Complex	

Special Test	Body Region	Competency Check-Off
P-A spring test (central) - ROM Limitations, vetebral joint pathology	Lumbosacral Spine	
Laseague's test (SLRA) and variations - Herniated neucleus pulposis or lumbar radiculopathy	Lumbosacral Spine	
Slump test - Herniated nucleus pulposis or lumbar radiculopathy	Lumbosacral Spine	
Babinski/Clonus tests - Upper Motor Neuron Integrity	Lumbosacral Spine	
van Geldren's test - Neurogenic or vascular claudication	Lumbosacral Spine	
Lateral shift maneuver - Lateral disc herniation, lateral spinal shift	Lumbosacral Spine	

Special Test	Body Region	Competency Check-Off
Pelvic rock test (Compression) - SIJ pain origin, SIJ posterior ligaments	Pelvis	
ASLR - SI joint pain	Pelvis	
Standing and sitting flexion tests - SIJ dysfunction	Pelvis	
Stork/Gillet's test - SIJ Dysfunction -- movement of innominate	Pelvis	
Gapping test - SIJ pain origin, SIJ anterior ligaments	Pelvis	
Approximation test - SIJ pain origin, SIJ posterior ligaments	Pelvis	
Supine-to-sit test - Leg length discrepancy pelvic rotation	Pelvis	
Gaenslen's - SIJ pain origin, anterior rotated innominate	Pelvis	
Sacral bas springing - SIJ pain origin	Pelvis	