***SPECIAL TESTS***

#  Shoulder:

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| ⮞ Speed Test  (Biceps or Straight Arm Test) | - Bicipital Tendinitis |
| ⮞ Yergason’s Test | - Bicipital Tendinitis |
| ⮞ Lippman’s Test | - Bicipital Tendinitis |
| ⮞ Supraspinatus Test (Empty Can Test) | - Supraspinatus Tear |
| ⮞ Drop Arm Test (Codman’s Test) | - Rotator Complex |
| ⮞ Neer Impingement Test | - Supraspinatus & Biceps Tendon |
| ⮞ Roos Test | - Thoracic Outlet Syndrome |
| ⮞ Wright Test | - Thoracic Outlet Syndrome |
| ⮞ Adson Test | - Thoracic Outlet Syndrome |
| ⮞ Allen’s Test | - Thoracic Outlet Syndrome |
| ⮞ Upper Limb Tension Test (ULTT) ULTT 1  ULTT 2  ULTT 3  ULTT 4 | * Median nerve & anterior interosseous nerve * C5, 6, 7, Median nerve, Musculocutaneous nerve & axillary nerve * Radial nerve * C8, T1, Ulnar nerve |
| ⮞ Apprehension Test | - Anterior Shoulder Dislocation |
| ⮞ Rockwood Test | - Anterior Shoulder Instability |
| ⮞ Dugas Test | - Anterior Shoulder Dislocation |
| ⮞ Posterior Apprehension Test | - Posterior Shoulder Dislocation |
| ⮞ Push Pull Test | - Posterior Shoulder Dislocation |
| ⮞ Sulcus Test | - Inferior Shoulder Instability |
| ⮞ Clunk Test | - Labral Tear |

 ***Elbow:***

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| ⮞ Ligamentous Instability Tests | - Lateral & Medial Collateral Ligaments |
| ⮞ Cozen’s Test | - Lateral Epicondylitis |
| ⮞ Mill’s Test | - Lateral Epicondylitis |
| ⮞ Golfer’s Elbow Test | - Medial Epicondylitis |
| ⮞ Wartenberg’s Sign | - Ulnar Neuropathy |
| ⮞ Elbow Flexion Test | - Cubital Syndrome |
| ⮞ Pronator Teres Test | - Pronator Teres Syndrome |

#  Forearm, Wrist & Hand:

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| ⮞ Finketsein’s Test | - Abductor Pollicis Longus & Extensor Pollicis Longus Tenosynovitis |
| ⮞ Sweater Finger Test | - Ruptured Flexor Digitorum Profundus |
| ⮞ Bunnel-Litter Test | - Tight Intrinsics |
| ⮞ Phalen’s Test | - Carpal Tunnel Syndrome |
| ⮞ Reverse Phalen’s Test | - Carpal Tunnel Syndrome |
| ⮞ Froment’s Sign | - Paralysis of Adductor Pollicis Longus |

 ***Pelvis:***

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| ⮞ Approximation Test | - Possible SI Lesion or Sprain Posterior SI Ligaments |
| ⮞ Gapping Test | - Sprain Anterior SI Ligaments |
| ⮞ Sacroiliac Rocking Test (SI Strain) | - Sacrotuberous Ligaments |
| ⮞ SLR (Lascgucs Test) | - SI Problems |
| ⮞ Gaenslen’s Test | - I/P SI Lesion or Hip Pathology or Lumbar Pathology |
| ⮞ Prone Knee Bend Test | - For D/F Diagnosis |
| ⮞ Yeoman’s Test |  |

 ***Hip:***

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| ⮞ Patrick’s Test  (FABER or Figure Four Test) | - Hip Joint?  Iliopsoas Spasm |
| ⮞ Stinchfield Test | - Hip Joint Pathology |
| ⮞ Thomas Test | - Hip Flexion Contracture |
| ⮞ Rectus Femoris Contracture Test | - For Rectus Femoris |
| ⮞ Ober’s Test | - TFL Contracture |
| ⮞ Piriformis Test | - Piriformis Syndrome |

 ***Knee:***

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| ⮞ Valgus Stress Test | - Medial Collateral Ligament |
| ⮞ Varus Stress Test | - Lateral Collateral Ligament |
| ⮞ Lachman Test | - Anterior Cruciate Ligament |
| ⮞ Anterior Drawer Sign | - Anterior Cruciate Ligament |
| ⮞ Posterior Drawer Sign | - Posterior Cruciate Ligament |
| ⮞ McMurray Test | - Meniscal Tear |
| ⮞ Apley’s Test | - Meniscal or Ligamentous? |
| ⮞ Bounce Home Test | - Meniscal Injury |
| ⮞ Mediopatellar Plica Test | - Mediopatellar Plica |
| ⮞ Fluctuation Test | - Swelling |
| ⮞ Patellar Tap Test | - Swelling |
| ⮞ Clarke’s Sign | - Patellofemoral Dysfunction |
| ⮞ McConnell Test | - Chondromalacia Patella |
| ⮞ Q-Angle or Patellofemoral Angle | - Patellofemoral Dysfunction |
| ⮞ Fairbank’s Apprehension Test | - Dislocation of Patella |

 ***Ankle:***

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| ⮞ Anterior Drawer Test | - Anterior Talofibular Ligament Injury |
| ⮞ Talar Tilt | - Calcaneofibular Ligament |
| ⮞ Thompson’s Test | - Achilles Tendon Rupture |

#  Cervical Spine:

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| ⮞ Foraminal Compression (Sparling’s Test) | - Cervical Radiculitis |
| ⮞ ULTT’s | D/F Diagnosis |
| ⮞ Shoulder Depression Test & Abduction Test | - Compression of nerve roots or Brachial Plexus Lesion |
| ⮞ Jackson’s Compression Test | - Pressure on nerve root |
| ⮞ Valsalva Tests | - Herniated disc / Tumour / Osteophyte |
| ⮞ Vertebral Artery Test (Cervical Quadrant Test) | - Compression of Vertebral Artery |

 ***Thoracic Spine:***

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| ⮞ Slump Test | - Impingement of Dura & Spinal Cord / Nerve Roots |

#  Lumbar Spine:

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| ⮞ Slump Test | - For Neuromeningeal Tract |
| ⮞ SLR (Basic), 2, 3, 4, Crossed SLR | - Sciatic, Tibial, Sural, Common Peroneal, Disc Prolapse |
| ⮞ Valsalva Maneuver | - Increased Intrathecal Pressure |
| ⮞ Schober’s Test | - Measure Flexion of Lumbar Spine |
| ⮞ Stoop Test | - Neurogenic Intermittent Claudication |

 ***Tests for Malingering:***

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| --- | --- |
| ⮞ Hoover Test | - Malingering for Back Pain |
| ⮞ Burns Test | - Malingering for Back Pain |