

Orthopedic Special Exams

<u>SHOULDER</u>	<u>Positive Result</u>	<u>Suggested Diagnosis</u>
Empty Can Test	Weakness w/ resistance when arm at 90 deg flexion, thumb down	Supraspinatus weakness
Drop Arm Sign	Inability to hold arm in abduction	Rotator Cuff Tear
Neer Impingement Sign	Pain w/ arm in full flexion & pronation of thumb	Subacromial Impingement
Hawkin's Sign	Pain with shoulder and elbow at 90 deg, then forced internal rotation	Subacromial Impingement
Bicipital Groove Tenderness	Pain on palpation	Bicipital Tendonitis
Yergeson Test	Pain on resisted supination	Bicipital Tendonitis
Apprehension Test	Pain/apprehension of dislocation w/ ext. rotation and anterior pressure	Anterior Glenohumeral Instability
Crossover Test	Pain in the AC joint when hand placed on opposite shoulder	Acromioclavicular Joint Injury
<u>HAND & WRIST</u>		
Finkelstein's Test	Pain w/ radial deviation	deQuervain's Tenosynovitis
Phalen's Test	Pain/numbness/tingling when holding wrists at 90 degrees	Carpal Tunnel Syndrome
Tinel's Test	Pain/numbness/tingling with tapping on nerve	Carpal Tunnel Syndrome
Snuff Box Tenderness	Pain on palpation	Scaphoid Fracture
<u>SPINE</u>		
Straight Leg Raise	Pain down leg when raised to 60 degrees	Herniated Lumbar Disc
Cross Straight Leg Raise	Pain down affected leg when opposite leg raised	Herniated Lumbar Disc
<u>KNEE</u>		
Lachman Test	Lack of clear endpoint	Anterior Cruciate Lig. Tear
Anterior Drawer Sign	Anterior displacement of tibia	Anterior Cruciate Lig. Tear
McMurray's Test	Thud or click with pain on knee ROM	Meniscal Tear
Apley's Test	Pain with rotation of tibia	Meniscal Tear
Valgus Stress Test	Soft or absent end point	Medial Collateral Lig. Tear
Varus Stress Test	Soft or absent end point	Lateral Collateral Lig. Tear
<u>ANKLE</u>		
Thompson's Test	No plantar flexion when calf squeezed	Achilles Tendon Rupture

