Chapter 1: The Physiatric History & Physical Exam

Lower Extremity Musculoskeletal Provocative Maneuvers
Lumbar Disk Herniation Tests

1. Straight-Leg Raise

- Test is positive when angle is between 30-70 degrees
- Pain is reproduced down the posterior thigh below the knee
Lumbar Disk Herniation Test

2. Slump Test

- Pt slumps forward as far as possible while seated.
- Pt flexes head, extends knee, and dorsiflexes ankle
3. **Femoral Nerve Stretch Test**

- Patient prone
- Flex Knee
- Extend hip
- Pain in anterior aspect of thigh
SI Joint Pathology

1. **Standing flexion test** = Innominate dysfunction

2. **Seated flexion test** = Sacral dysfunction
3. Compression Test
- Medial force bilaterally through ASIS
- (+) Test = reproduction of SI joint pain

4. Gapping (Distraction) Test
- Lateral force bilaterally through ASIS
- (+) Test = reproduction of SI joint pain
SI Joint Pathology

5. **FABERE Test**
   - (+) Test = hip pain

6. **Gaenslen’s Test**
   - 1 knee to chest, 1 knee extended
   - Apply pressure to both knees
   - (+) Test = reproduction of Sx
1. **Thomas Test**

- Flexion of contralateral hip to abdomen
- Tight/contracted hip flexor
- (+) Test = leg rises off table
2. **Ely Test**
   - Flex knee with patient prone
   - Tight rectus femoris
   - (+) Test = hip flexes or limited knee flexion with hip extension

3. **Ober Test**
   - Extend hip and drop in adduction with pt on side
   - (+) Test = LE fails to adduct
4. Piriformis Test (FADIR)

- Pt on side
- Flex hip, flex knee, adduct hip, internal rotation
- (+) Test = pain
5. Trendelenburg Test

- Stand on one leg
- Iliac crest on WB side should be lower than NWB side
- (+) Test = NWB is lower than WB side = weak gluteus medius of WB side
6. Stinchfield Test

- Pt supine with knees extended
- Resist hip flexion at 20-30 degrees
- (+) Test = groin pain
  = Intraarticular hip dysfunction, labral tear
ACL Tests

1. Anterior Drawer Test
   - Flex hip 45 degrees, flex knee 90 degrees
   - Sensitivity = 22-70%

2. Lachman Test
   - Flex knee 15 degrees
   - Sensitivity = 80-99%
3. **Pivot Shift Test (Macintosh Test)**

- IR tibia, slowly flex knee, then extend knee with valgus stress
- (+) Test = Anterior translation at about 30 degrees of flexion
- Sensitivity 35-95%
- Specificity 98-100%
PCL Tests

1. Posterior Sag Sign
   - Tibia sags back on femur with hip and knee flexed

2. Posterior Drawer Test
   - Hip flexed 45 degrees, Knee flexed 90 degrees
   - Posterior force applied to proximal tibia
Patellofemoral Tests

1. Patellar Grind Test (Compression Test)
   - Pt supine, knee extended
   - Pt contracts quads while examiner applies downward and inferior pressure on patella
   - (+) Test = pain with movement of patella
Knee Meniscal Injury Tests

1. McMurray Test
   - Fully flex knee
   - Internal Rotation + Varus Stress = Lateral Meniscus
   - External Rotation + Valgus Stress = Medial Meniscus
Knee Meniscal Injury Tests

2. Apley Grind Test

- Pt prone
- Knee flexed to 90 degrees
- Grasp foot, rotate tibia internally and externally while applying downward force through heel
Ankle Stability Tests

1. **Anterior Drawer Test**
   - Stabilize distal tibia with one hand
   - Grasp calcaneus with other hand and translate anterior

2. **Talar Tilt**
   - Grasp calcaneus, apply varus stress
   - (+) Test = Pain or excessive gapping
   - Test for Laxity of ATF, CF, PTF
1. **Syndesmosis Squeeze Test**

- Compress tibia and fibula together
- (+) Test = Pain at syndesmosis. Farther from the ankle the pain is elicited, the more severe the sprain
Achilles Tendon Rupture Tests

1. **Thompson’s Test** (not to be confused with Thomas Test)
   - Squeeze calf muscles, passive plantarflexion is normally seen
   - (+) Test = No plantar movement of foot