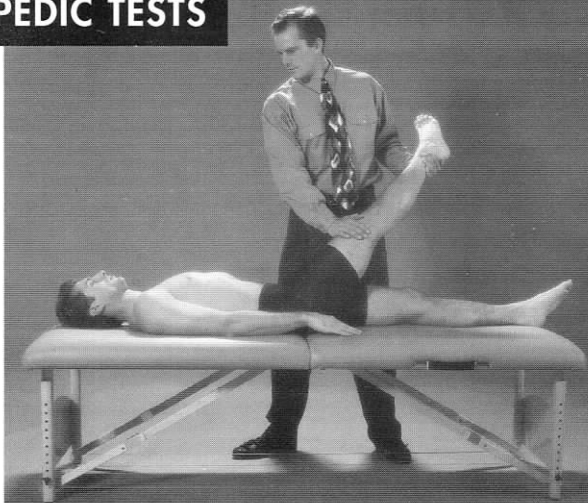


ESSENTIAL ORTHOPEDIC TESTS

**SELF
EXAMINATION
AID**

BOARD REVIEW SERIES

**EXAMINATION PROCEDURE
ASSESSMENT
CLINICAL FINDINGS
PHOTOGRAPHIC DIAGRAM**



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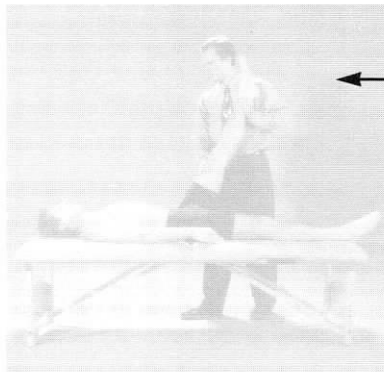
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STRAIGHT LEG RAISING TEST

SPACE OCCUPYING LESION

ASSESSMENT

ORTHOPEDIC TEST



DIAGRAM

EXAMINATION
PROCEDURE

EXAMINER PLACES ONE HAND
UNDER HEEL AND FLEXES HIP
WITH KNEE EXTENDED

*+ PAIN RADIATING DOWN
THE SCIATIC DISTRIBUTION*

POSITIVE CLINICAL FINDINGS

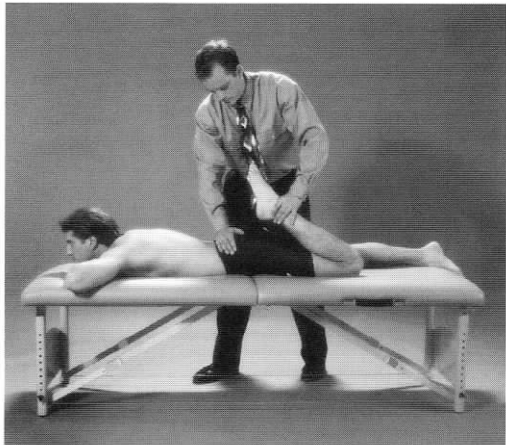
SYNONYM

NACHLAS' TEST

LUMBAR, LUMBOSACRAL OR SACROILIAC LESION

EXAMINER STABILIZES
IPSILATERAL PELVIS AND
MAXIMALLY FLEXES KNEE

+ LUMBOSACRAL OR SACROILIAC PAIN,
RADIATING PAIN IN A SCIATIC OR
FEMORAL NERVE DISTRIBUTION



REGIONAL LISTING OF ORTHOPEDIC TESTS

CERVICAL

- 10 BAKODY SIGN
- 22 COMPRESSION TEST
- 26 DEKLEYN'S TEST
- 27 DISTRACTION TEST
- 48 JACKSON COMPRESSION TEST
- 59 LHERMITTE'S SIGN
- 61 MAXIMUM CERVICAL COMPRESSION TEST
- 66 NAFFZIGER'S TEST
- 79 SHOULDER DEPRESSION TEST
- 81 SOTO HALL SIGN
- 82 SPURLING'S TEST
- 84 SWALLOWING TEST
- 91 VALSALVA MANEUVER

SHOULDER

- 03 ADSON'S TEST
- 09 APLEY' SCRATCH TEST
- 21 CODMAN'S DROP ARM TEST
- 23 COSTOCLAVICULAR TEST
- 25 DAWBARN'S SIGN
- 32 DUGAS' TEST
- 78 SHOULDER APPREHENSION TEST
- 94 WRIGHT'S TEST
- 96 YERGASON'S TEST

UPPER EXTREMITY

- 04 ALLEN'S TEST
- 19 BUNNELL-LITTLER TEST
- 24 COZEN'S TEST
- 38 FINKLESTEIN'S TEST
- 64 MILL'S TEST
- 72 PHALEN'S SIGN
- 74 PRAYER SIGN
- 75 RETINACULAR TEST
- 88 TINEL'S WRIST SIGN
- 92 WARTENBERG'S SIGN

LUMBAR

- 11 BECHTEREW'S TEST
- 13 BELT TEST
- 14 BONNET'S SIGN
- 16 BOWSTRING SIGN
- 17 BRAGGARD'S TEST
- 18 BRUDZINSKI SIGN
- 28 DOUBLE LEG RAISE
- 33 ELY'S HEEL TO BUTTOCK TEST
- 36 FAJERSZTAJN'S TEST
- 37 FARFAN'S TORSION
- 43 GOLDTHWAIT'S SIGN
- 49 KEMP'S TEST
- 50 KERNIG'S SIGN
- 53 LASEGUE DIFFERENTIAL SIGN
- 54 LASEGUE REBOUND TEST
- 55 LASEGUE TEST
- 57 LEWIN PUNCH TEST
- 58 LEWIN SUPINE TEST
- 60 LINDNER'S SIGN
- 63 MILGRAM'S TEST
- 65 NACHLAS' TEST
- 67 NERI'S BOWING SIGN
- 73 PHEASANT TEST
- 80 SICARD'S SIGN
- 83 STRAIGHT LEG RAISING TEST
- 90 TURYN'S SIGN
- 91 VALSALVA MANEUVER
- 93 WELL LEG RAISING TEST

HIP

- 12 BEERY'S TEST
- 34 ELY'S SIGN
- 52 LAGUERRE'S TEST
- 68 OBER'S TEST
- 71 PATRICK'S FABERE TEST
- 77 SCOURING TEST
- 85 THOMAS' TEST
- 89 TRENDLENBURG'S TEST

SACROILIAC

- 13 BELT TEST
- 35 ERICHSEN'S SIGN
- 37 FARFAN'S TORSION
- 41 GAENSLER'S TEST
- 42 GILLIS' TEST
- 43 GOLDTHWAIT'S SIGN
- 44 HIBB'S TEST
- 47 ILIAC COMPRESSION TEST
- 52 LAGUERRE'S TEST
- 56 LEWIN GAENSLER'S TEST
- 65 NACHLAS' TEST
- 76 SACROILIAC STRETCH
- 95 YEOMAN'S TEST

LOWER EXTREMITY

- 01 ABDUCTION STRESS TEST
- 02 ADDUCTION STRESS TEST
- 05 ANKLE STABILITY TEST
- 06 ANVIL TEST
- 07 APLEY'S COMPRESSION TEST
- 08 APLEY'S DISTRACTION TEST
- 15 BOUNCE HOME TEST
- 29 DRAWER TEST
- 30 DREYER'S SIGN
- 31 DUCHENNE'S SIGN
- 39 FOOT DRAWER ANTERIOR
- 40 FOOT DRAWER POSTERIOR
- 45 HOMAN'S SIGN
- 51 LACHMAN TEST
- 62 MCMURRAY'S SIGN
- 69 PATELLAR APPREHENSION TEST
- 70 PATELLAR GRINDING TEST
- 86 THOMPSON'S TEST
- 87 TINEL'S FOOT SIGN

MALINGERING

- 20 BURN'S BENCH
- 46 HOOVER'S SIGN

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