

# The Shoulder



Shoulder Flexion  
a Range of Motion test



Shoulder Adduction  
a Range of Motion test



Shoulder Extension  
a Range of Motion test



Shoulder External Rotation  
a Range of Motion test



Shoulder Abduction  
a Range of Motion test



Shoulder Internal Rotation  
a Range of Motion test  
reach up to the shoulder blade



Lift Off Test  
a Provocative Maneuver  
a Rotator Cuff (Subscapularis)  
Strength test  
from the lower back (dimples)  
NOT testing Triceps



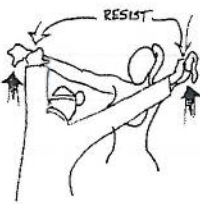
The FACE test (Neer)  
(watch their face for a reaction)  
a Provocative Maneuver for pain  
an Apprehension test  
tests Rotator Cuff Impingement  
NO resistance



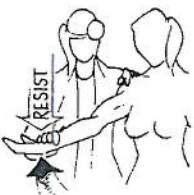
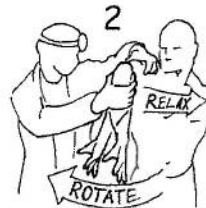
IT test  
(Infraspinatous & Teres Minor)  
a Provocative Maneuver  
a Rotator Cuff (External Rotation)  
Strength test  
arms move in = problem



The Twist (Hawkins)  
(90/90 down & internal rotation)  
a Provocative Maneuver  
an Impingement test  
Pain/apprehension =  
Rotator Cuff tear  
NO resistance



Supraspinatus test  
(Empty Can @ 45°)  
a Provocative Maneuver  
a Rotator Cuff Strength test



Speed's test  
a Provocative Maneuver  
Finger on the Bicipital Groove  
against Resistance  
tests Bicipital tendinopathy

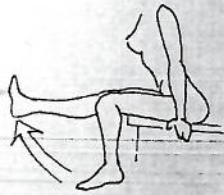


Anterior Dislocation test  
(90/90 Up)  
a Provocative Maneuver  
an Apprehension test  
NO Resistance



AC Apprehension test  
(Adduction Cross-Arm test)  
a Provocative Maneuver  
an Apprehension test  
Finger on the AC joint  
NO Resistance

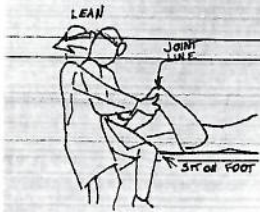
# The Knee



**Knee Extension**  
a Range of Motion test  
watch for Hyper-Extension  
(more than 180°)



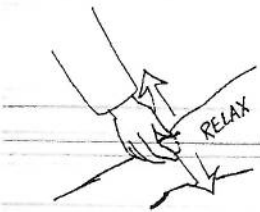
**Knee Flexion**  
a Range of Motion test  
How close can they get?



**Anterior Drawer test**  
a Provocative Maneuver  
Sit on Foot  
Fingers on Joint Lines  
Lean Back. DO NOT Jerk  
tests ACL  
(Anterior Cruciate Ligament)



**Posterior Drawer test**  
a Provocative Maneuver  
Sit on Foot  
Fingers on Joint Lines  
Lean In. DO NOT Jerk  
tests PCL  
(Posterior Cruciate Ligament)



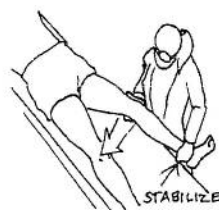
**Patellar Apprehension test**  
a Provocative Maneuver  
NO resistance (Relax the leg)  
Move Knee Cap in and out  
will move farther Medially (inward)



**Varus Stress test**  
a Provocative Maneuver  
Knee slightly Flexed  
Leg Off Table  
look for "Opening Book"  
tests LCL  
(Lateral Collateral Ligament)



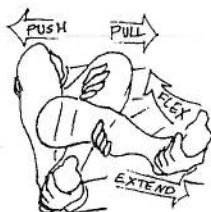
**Lachman test**  
a Provocative Maneuver  
Knee under popliteal space  
Fingers on Joint Lines  
Elbow on shin to stabilize  
Smooth Pull. DO NOT Jerk  
tests ACL  
(Anterior Cruciate Ligament)



**Valgus Stress test**  
a Provocative Maneuver  
Knee slightly Flexed  
Leg Off Table  
look for "Opening Book"  
tests MCL  
(Medial Collateral Ligament)



1



2



3

**McMurray test**  
a Provocative Maneuver  
Flex & Ext (1)  
+ Valgus & Varus (2)  
+ Int & Ext Rotation (3)  
(it's just that Wacky :-)  
tests for torn Meniscus  
NO resistance