

Cervical spine

1. PROM
 - a. Overpressure tests
2. Neurologic
 - a. Foraminal compression (Spurling's) test
 - b. Distraction test
 - c. Upper limb neurodynamic (tension) test (brachial plexus tension test or Elvey test)
 - d. Bickle's sign – ULTT 4 done actively
 - e. Brachial plexus tension test
 - f. Brachial plexus provocation test
 - g. Brachial plexus compression test
 - h. Tinel's sign
 - i. Shoulder depression test
 - j. Shoulder abduction (relief) test
 - k. Jackson compression test
 - l. Valsalva maneuver
3. Myelopathy
 - a. Romberg test
4. Vascular test
 - a. Vertebral artery (Cerebral quadrant test)
 - b. Static vertebral artery test
 - c. Barre test
 - d. Hautant's test
 - e. Underburg's test
 - f. Naffziger's test

Shoulder

1. Appley scratch test
2. Anterior shoulder instability
 - a. Load and shift test
 - b. Apprehension (Crank) test and relocation test
 - c. Fulcrum test

- d. Row test for anterior instability
 - e. Prone anterior instability test
3. Posterior shoulder instability
 - a. Load and shift test
 - b. Posterior apprehension stress test
 - c. Push-pull test
 - d. Jerk test
 4. Inferior shoulder instability
 - a. Sulcus sign
 - b. Feagin test
 5. Row test for multidirectional instability
 6. Impingement
 - a. Neer impingement test
 - b. Hawkins-Kennedy impingement test
 7. Labral tears
 - a. Active compression test of O'Brien
 - b. Clunk test
 - c. Anterior slide test
 8. Other tests
 - a. Acromioclavicular crossover test
 - b. Acromioclavicular shear test
 - c. Paxino's test
 - d. Ellman's Compression Rotation test
 9. Ligament pathology
 - a. Posterior inferior glenohumeral ligament test
10. Muscle or tendon pathology
 - a. Biceps
 - Speed's test (biceps or straight arm test)
 - Yergason's test
 - Ludington's test
 - b. Supraspinatus
 - Supraspinatus test (empty can test)
 - Drop arm (Codman's) test
 - c. Subscapularis
 - Abdominal compression (Belly-Press) test
 - Bear hug test
 - Lift-off sign (Gerber's test)
 - d. Infraspinatus test
 - e. Teres minor test (Homblower's sign)

- f. Pectoralis major contracture test
- g. Rhomboid weakness
- h. Trapezius weakness
- i. Serratus anterior weakness (Punch out test, push up test)
- j. Whipple test – rotator cuff and labrum

11. Thoracic outlet syndrome tests

- a. Wright test
- b. Costoclavicular syndrome test (Military brace test)
- c. Adson test (maneuver)
- d. Halstead maneuver
- e. Roos test

Elbow

- 1. Ligamentous instability test (Varus and Valgus test of elbow)
- 2. Medial epicondylitis (Golfer's elbow)
- 3. Lateral epicondylitis test (Tennis elbow)
 - a. Cozen's (method 1)
 - b. Mill's (method 2)
 - c. Middle finger test (Method 3)
- 4. Tests for neurologic dysfunction
 - a. Tinel's sign at the elbow.
 - b. Elbow flexion test.
 - c. Test for Pronator Teres syndrome.
 - d. Pinch Grip test

Wrist and Hand

- 1. General wrist pain
 - a. Sitting hands press test
- 2. Neurologic dysfunction
 - a. Phalen's (wrist flexion) test
 - b. Reverse Phalen's test
 - c. Carpal compression test
- 3. Vascular tests
 - a. Allen test

Lumbar spine

- 1. Neurologic test
 - a. Slump test

- b. Straight leg raising test (Lasegue's sign, Lasegue test or Lazarevic's sign)
 - c. Prone knee bending test
 - d. Brudzinski – Kernig test
 - e. Frontal nerve traction test
2. Test for muscle tightness
 - a. 90-90 straight leg raise test
 - b. Rectus femoris test
 - c. Thomas test

Pelvis

1. Observation
 - a. ASIS
 - b. Posterior iliac crease
 - c. PSIS
2. AROM SIJ hypomobility
3. PROM
 - a. Approximation test
 - b. Gapping test
 - c. Sacroiliac Rocking (Knee-to-Shoulder) Test
4. Joint tests
 - a. Flamingo Test or Maneuver
 - b. Gaenslen's Test
 - c. Patrick test
 - d. Yeoman's Test
5. Muscle dysfunction
 - a. 90-90 straight leg raise test

Hip

1. Hip pathology tests
 - a. Hip scour (Grind) test
 - b. Log roll test
 - c. Patrick (Faber) test
 - d. Trendelenburg test

- e. Torque test
- 2. Labral tears
 - a. Anterior labral tear test (Faddir test)
 - b. Posterior labral tear test
 - c. External rotation test
 - d. Flexion internal rotation test
- 3. Muscle tightness and pathology
 - a. Active piriformis stretch test
 - b. Thomas test
 - c. Rectus femoris test
 - d. Ely's test
 - e. Ober's test
 - f. Hamstring contracture test
 - g. Trendelenburg sign

Knee

Instability tests

- 1. Abduction (valgus) stress test
- 2. Adduction (varus) stress test
- 3. Lachman test
- 4. Drawer sign
- 5. Godfrey (Gravity, 90-90) test
- 6. Posterior sag sign (Gravity drawer test)
- 7. Reverse Lachman test
- 8. Slocum test
- 9. Lateral pivot shift maneuver (test of Macintosh)

Test for meniscal injury

- 1. Mc Murray test
- 2. Apley's test
- 3. Thessaly test
- 4. Ege's test

Tests for swelling

1. Brush, stroke, or bulge test – used to assess minimal effusion.
2. Indentation test
3. Patellar tap test (floating patella)

Ankle and foot

1. Anterior drawer sign of the ankle
2. Talar tilt
3. Thompson test