

COURSE NAME: Physiotherapy in ortho
COURSECODE : 746280
TITLE : Introduction to orthopedics
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DESIGNATION : Assistant professor

LOWER LIMB SPECIAL TESTS

Introduction

Overview of special tests for hip, knee, ankle, and foot to assess joint integrity and pathology.



FABER Test (Patrick's Test)

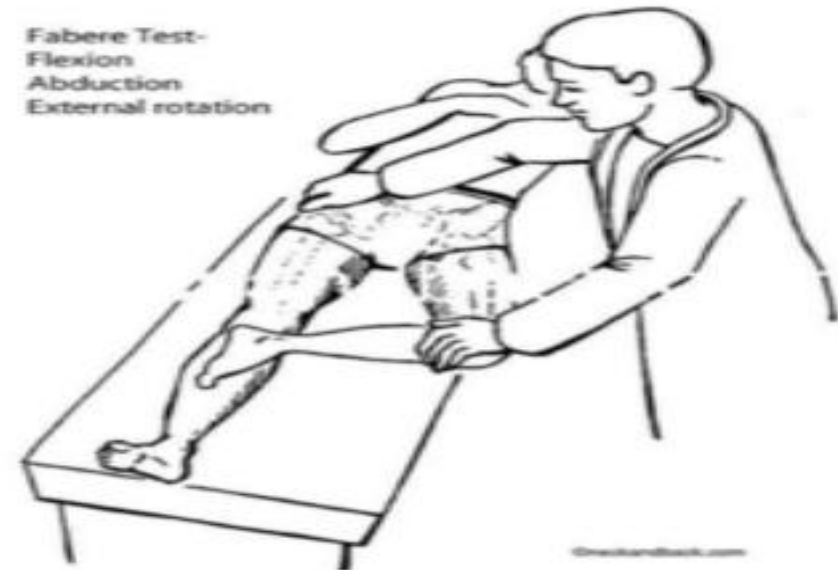
Purpose: To identify hip or sacroiliac joint pathology

Patrick's test

If pain is elicited on the ipsilateral + anteriorly = hip joint disorder on the same side

If pain is elicited on the contralateral + posteriorly = SIJ disorder.

The sensitivity of this test in predicting response from SI injection is 57% and almost 100% specific



FADDIR Test

Purpose: To detect femoroacetabular impingement.

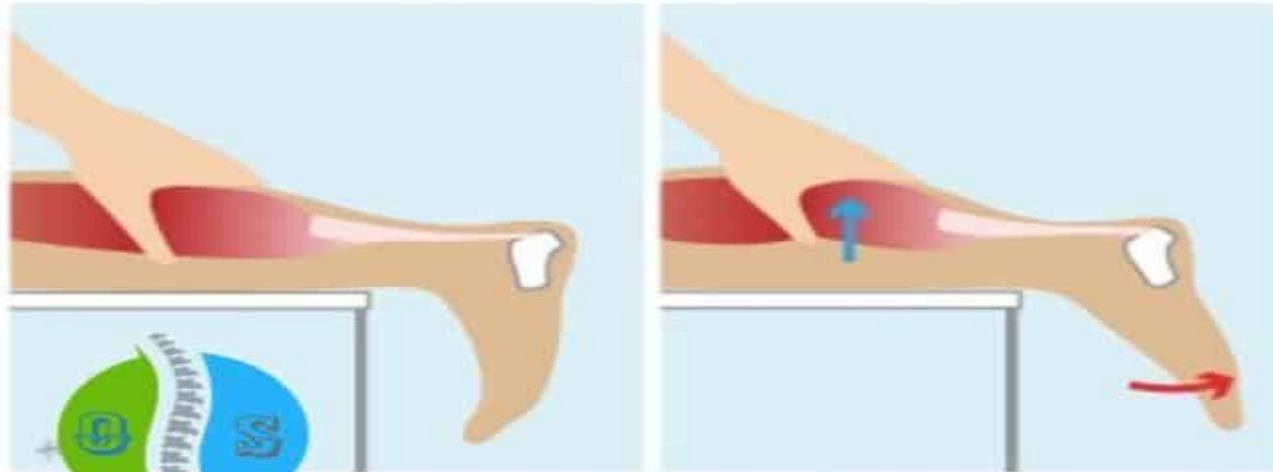


Thomas Test

Purpose: To assess hip flexion contracture (iliopsoas tightness).

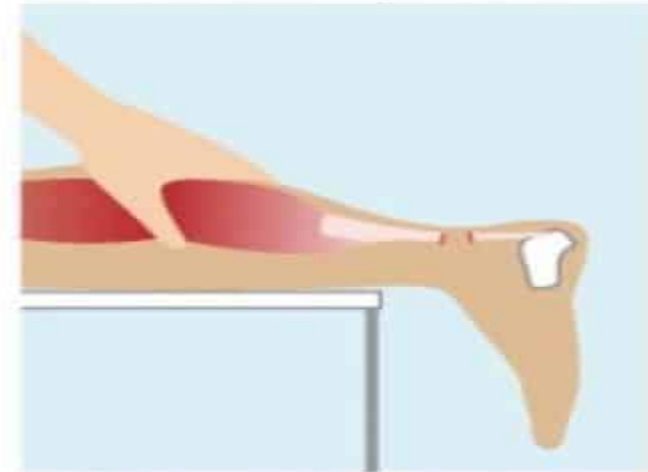
Thompson Test

Negative Thompson Test



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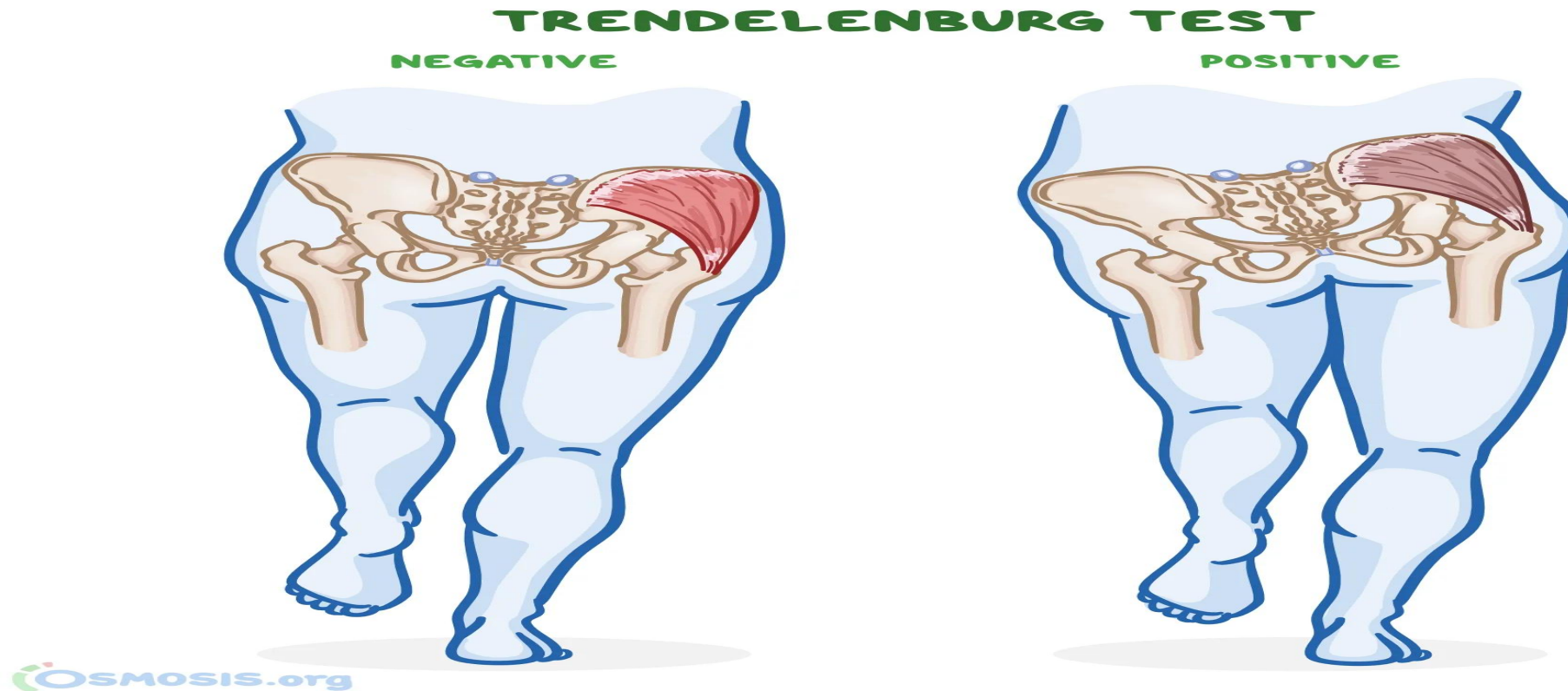
Positive Thompson Test



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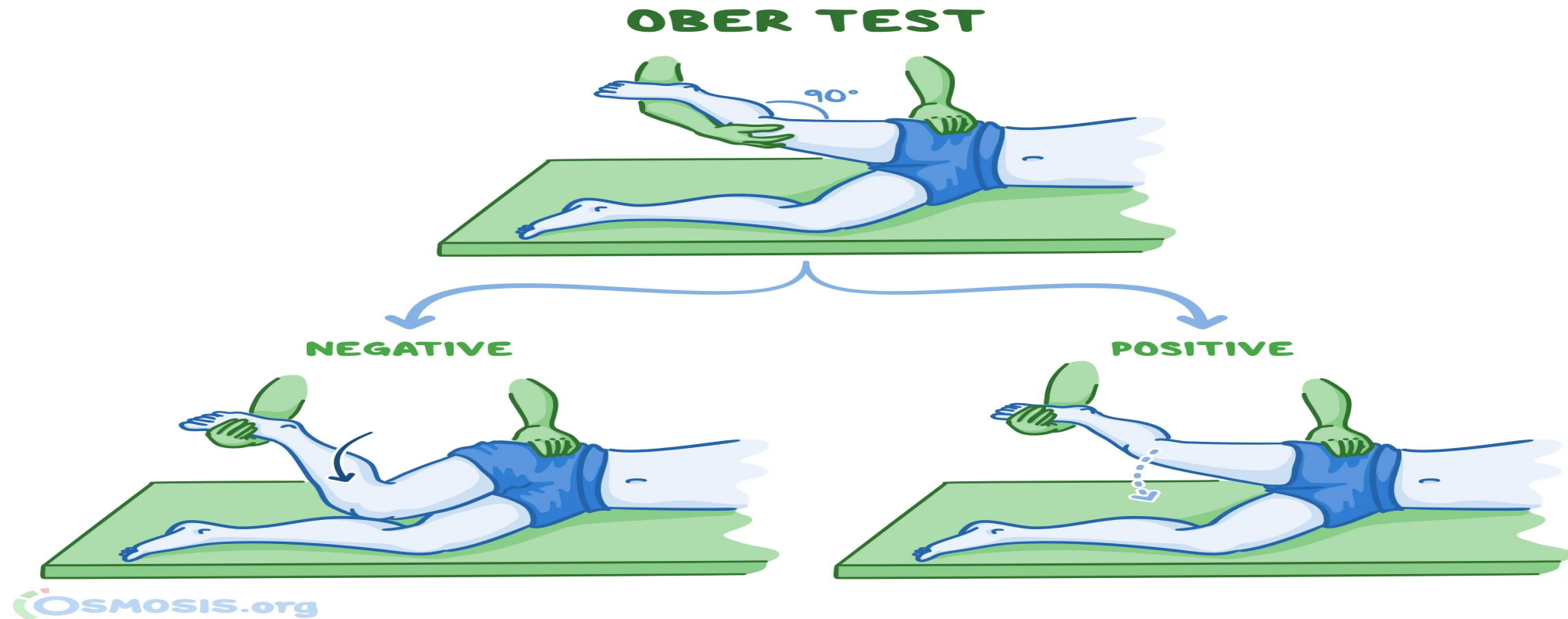
Trendelenburg Test

Purpose: To assess weakness of gluteus medius or hip abductor dysfunction.



Ober's Test

Purpose: To check iliotibial band tightness



Lachman Test

Purpose: To assess anterior cruciate ligament (ACL) integrity.



Anterior Drawer Test (Knee)

Purpose: To evaluate anterior cruciate ligament injury.



Posterior Drawer Test

Purpose: To assess posterior cruciate ligament injury.

Anterior Drawer Test



Lachman Test



Pivot Test



McMurray Test

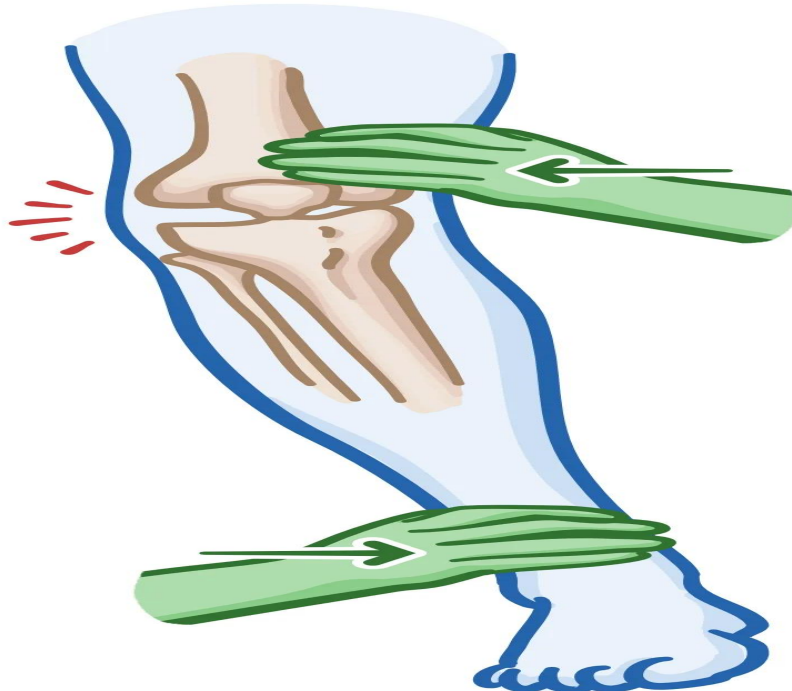


McMurray Test

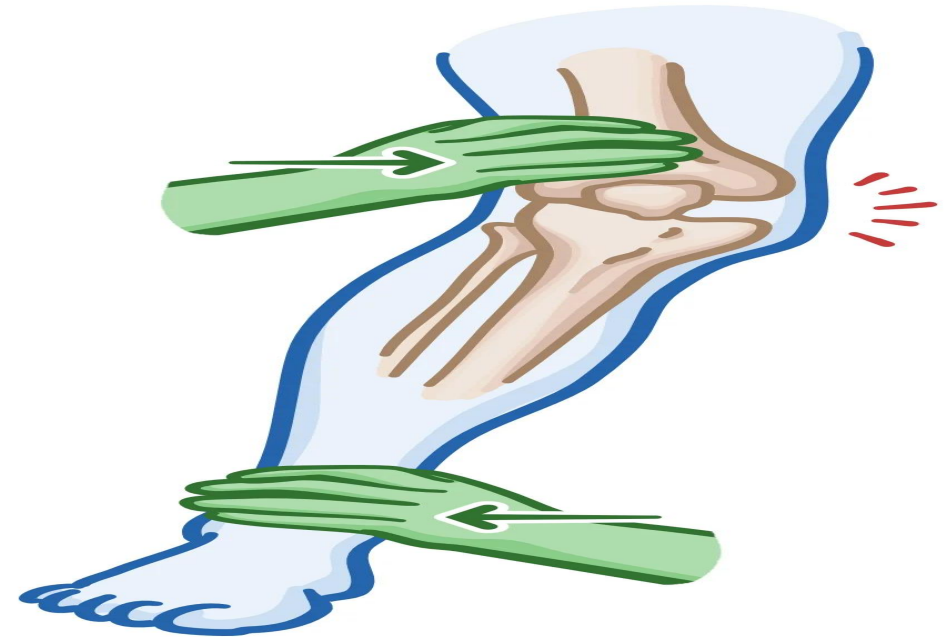
Purpose: To assess meniscal tear.

VARUS & VALGUS STRESS TESTS

VARUS



VALGUS



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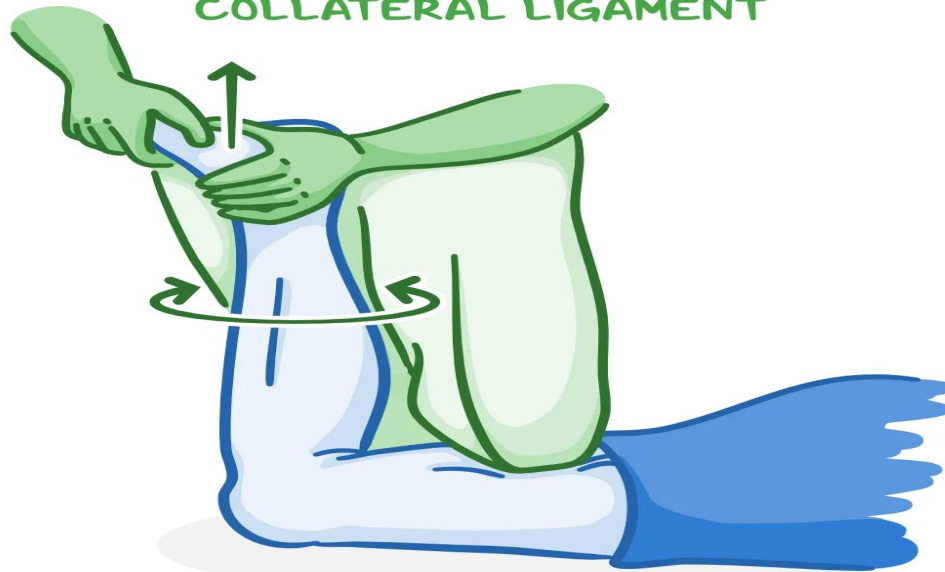
Apley's Compression and Distraction Test

Purpose: To differentiate between meniscal and ligamentous lesions.

APLEY TESTS

DISTRACTION

TESTING MEDIAL or LATERAL
COLLATERAL LIGAMENT



COMPRESSION

TESTING MEDIAL or LATERAL
MENISCUS

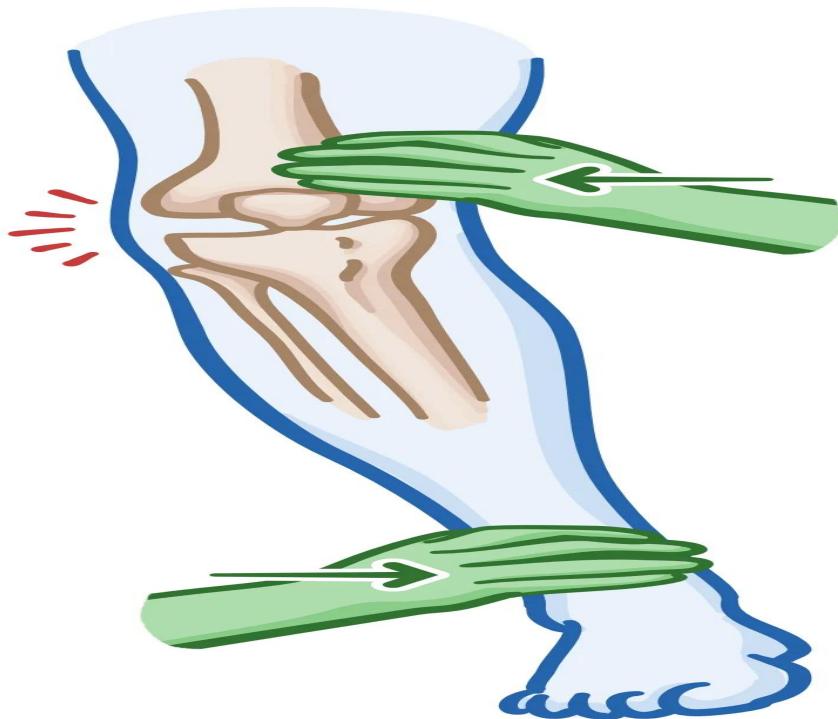


Valgus and Varus Stress Tests

Purpose: To assess medial and lateral collateral ligament integrity.

VARUS & VALGUS STRESS TESTS

VARUS



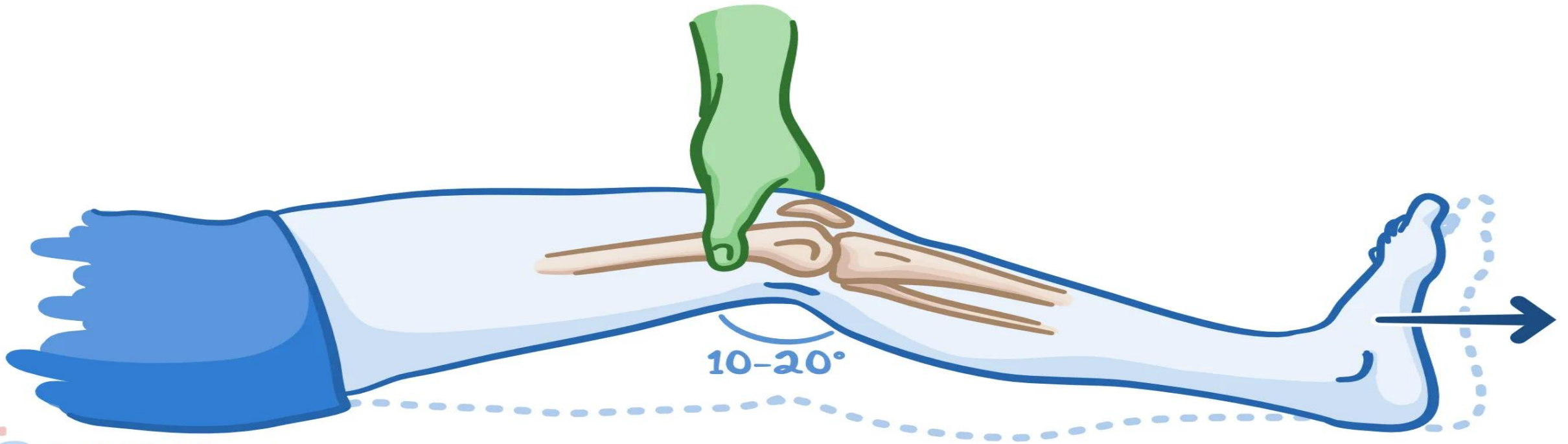
VALGUS



Patellar Apprehension Test

Purpose: To assess patellar instability.

PATELLAR GRIND TEST

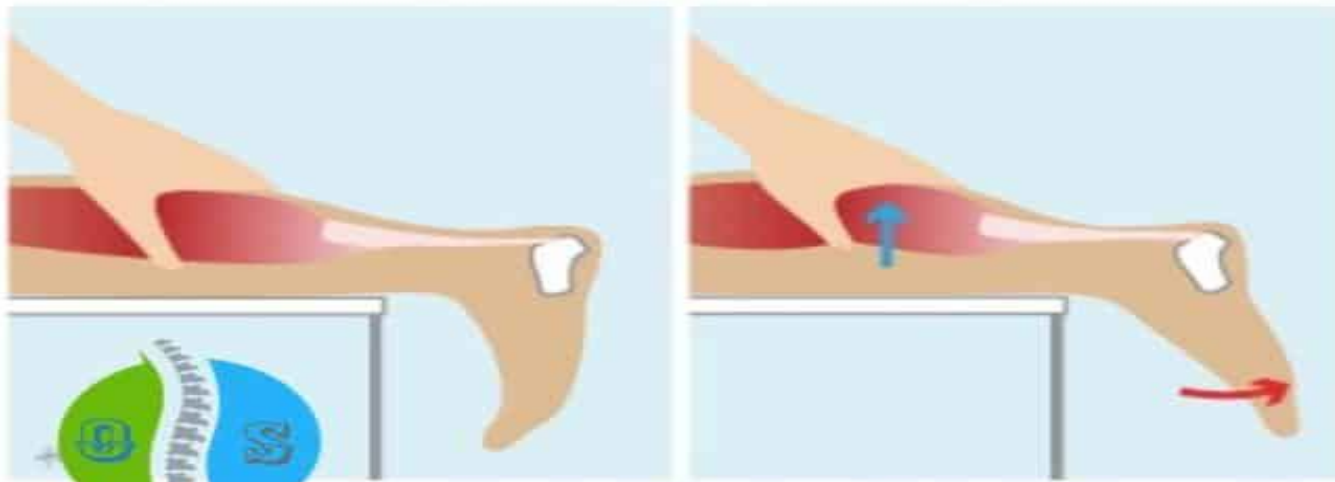


Thompson Test

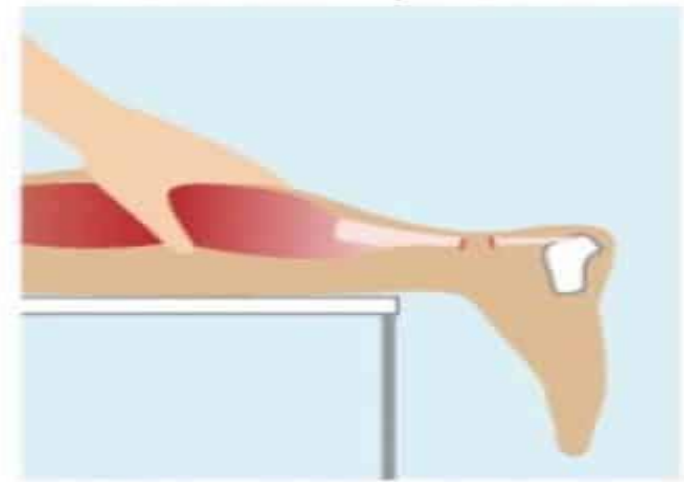
Purpose: To evaluate Achilles tendon rupture.

Thompson Test

Negative Thompson Test



Positive Thompson Test

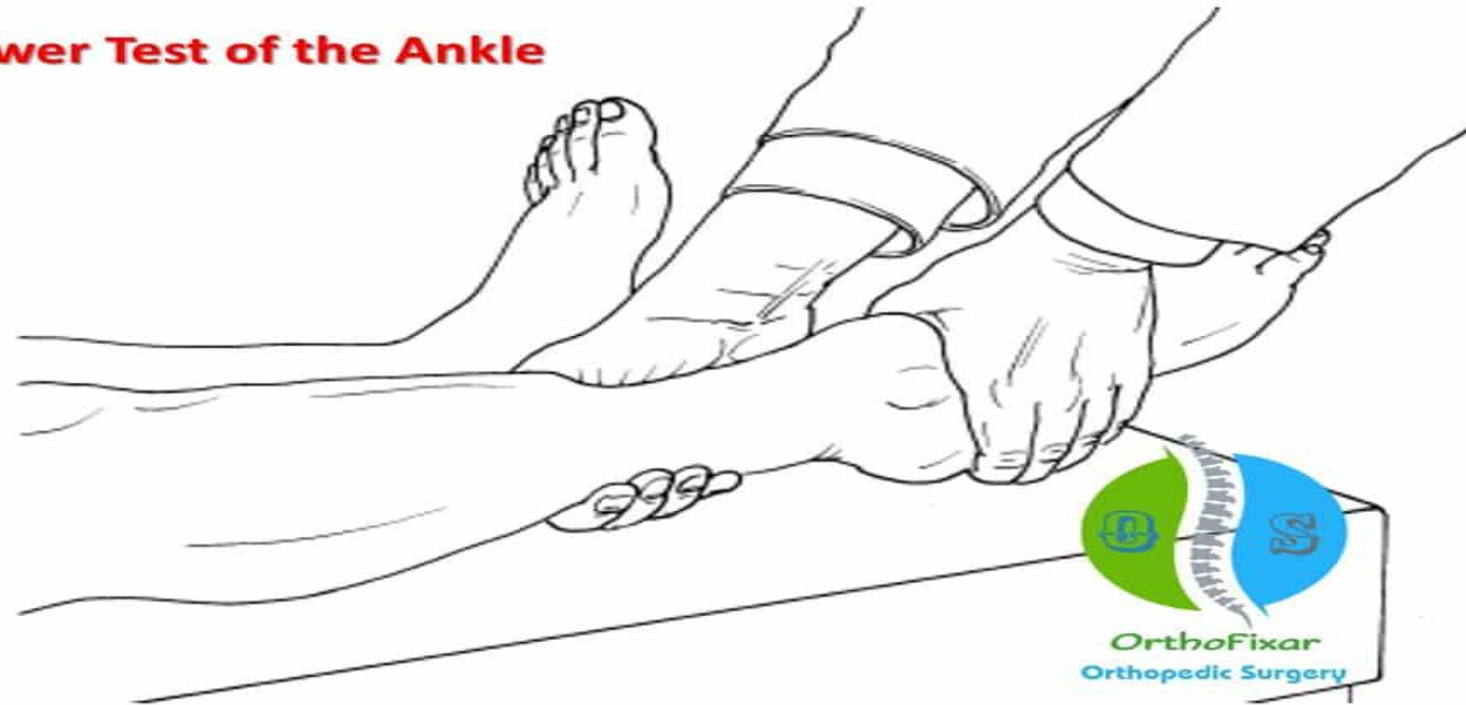


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Posterior Drawer Test

Purpose: To assess integrity of posterior talofibular instability

Posterior Drawer Test of the Ankle



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Anterior Drawer Test (Ankle)

Purpose: To assess anterior talofibular ligament integrity.

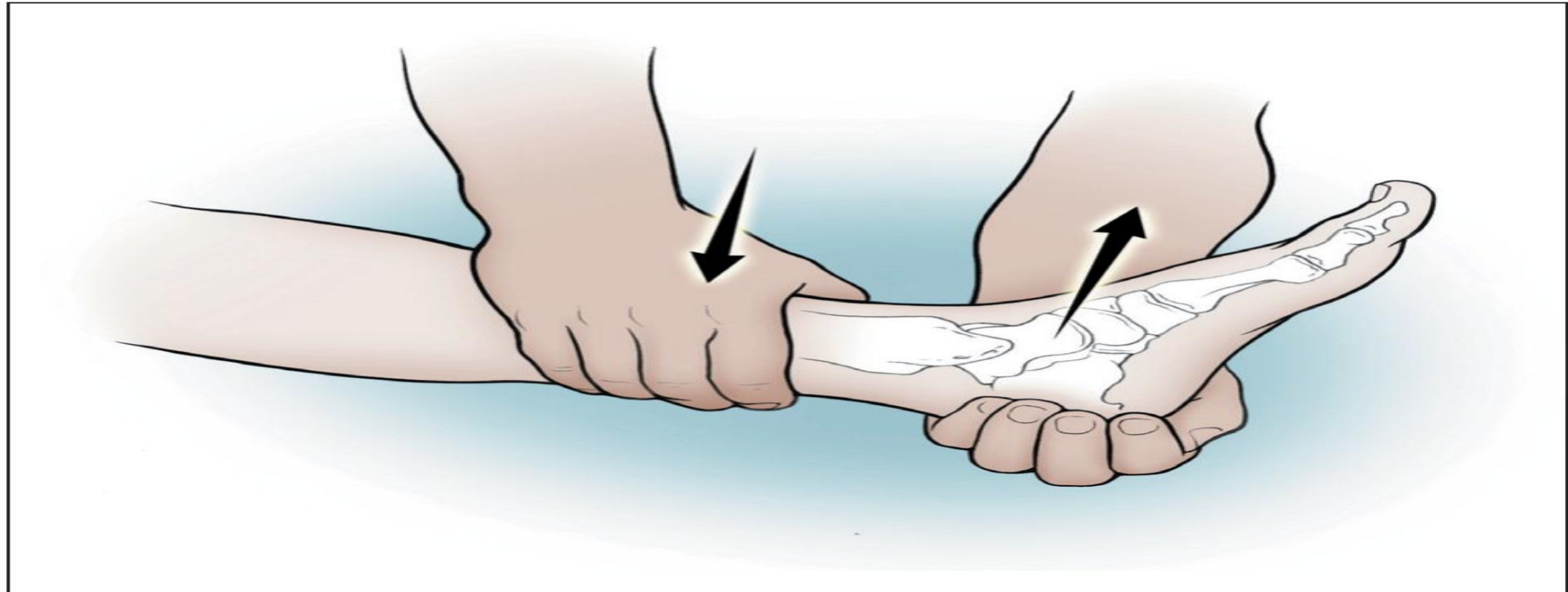
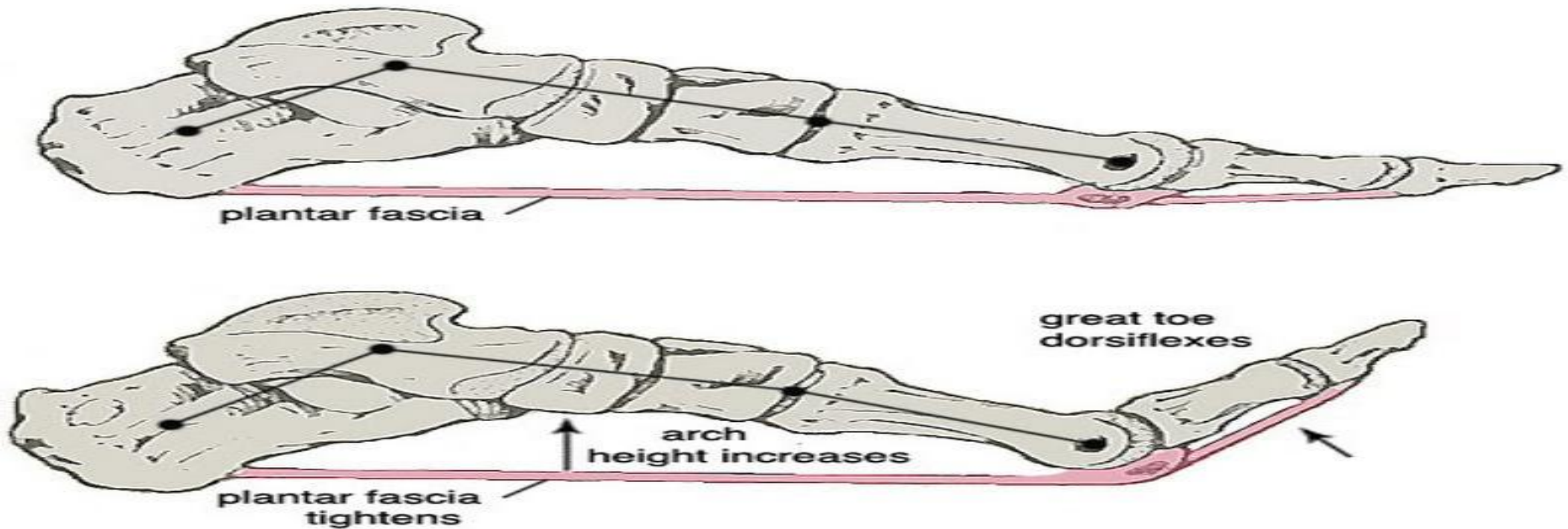


ILLUSTRATION BY MARCIA HARTSOCK

Windlass Test

Purpose: To assess plantar fascia integrity.



Homan's Sign

Purpose: To screen for deep vein thrombosis (DVT).

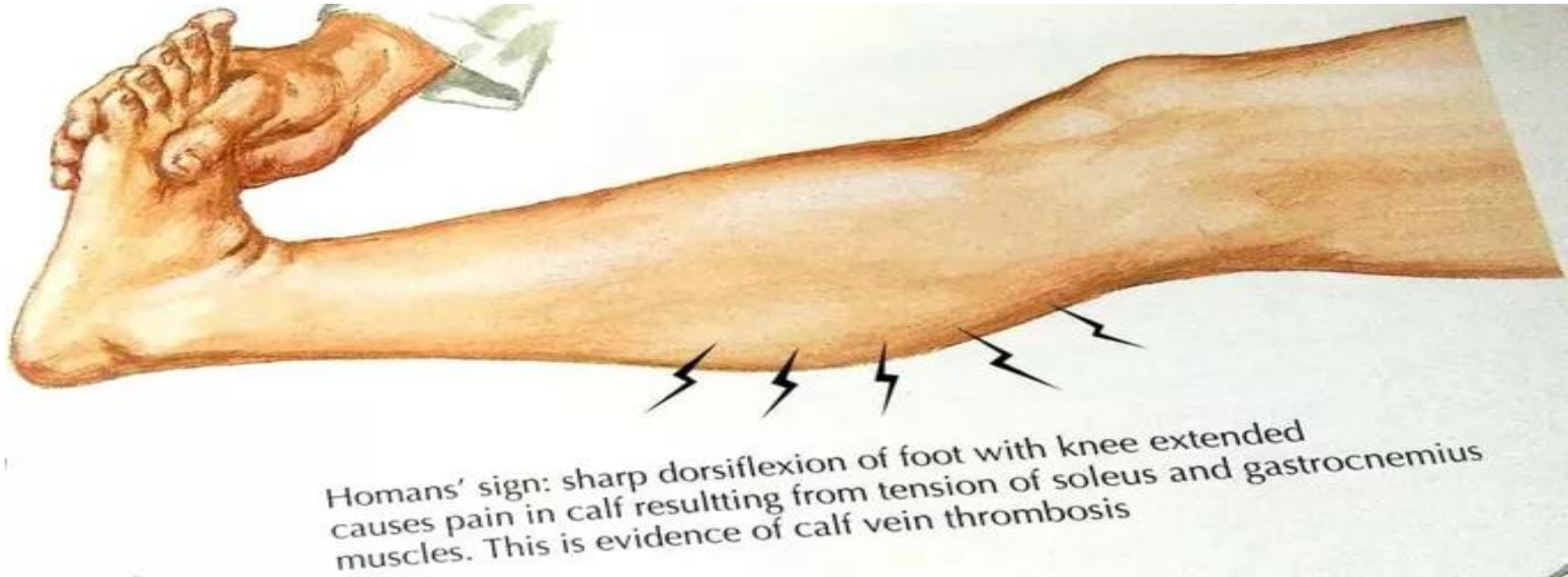


Figure-4 Test

Purpose: To detect hip joint dysfunction.

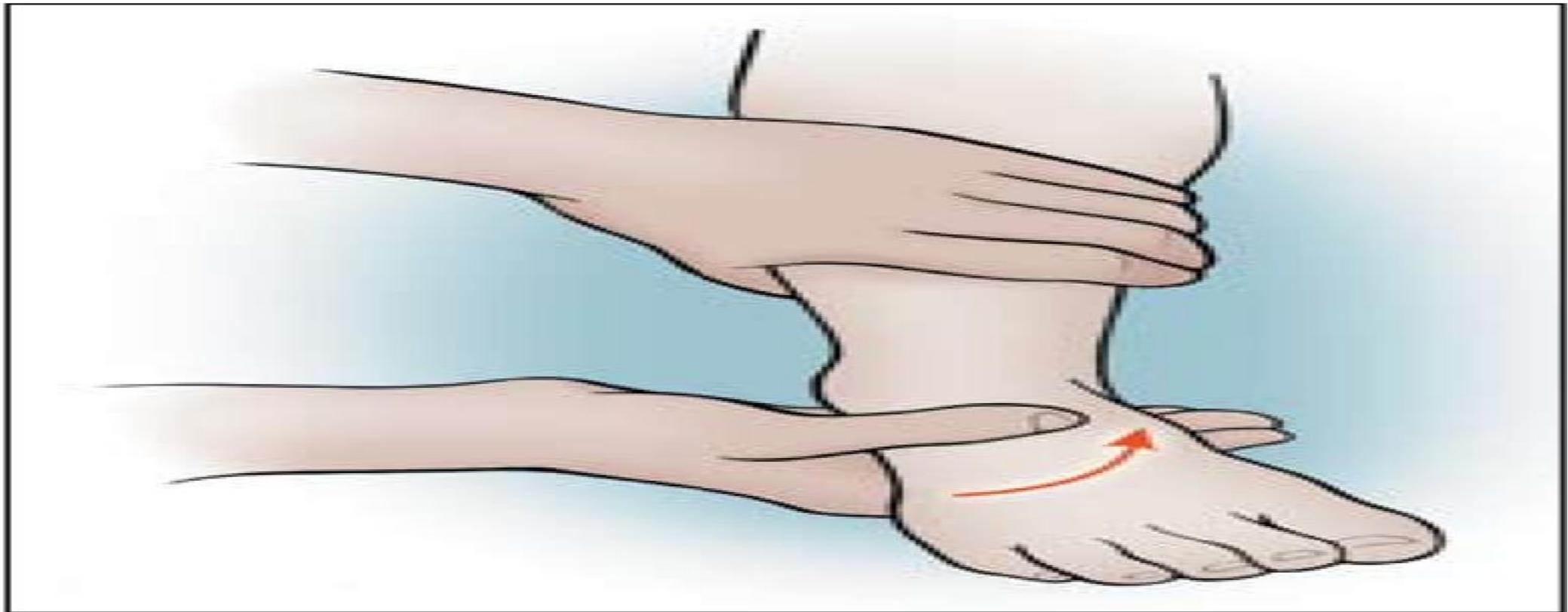


ILLUSTRATION BY MARCIA HARTSOCK

Summary

Lower limb special tests help in differential diagnosis and evidence-based physiotherapy assessment.

In class assessment

No	Question	Options	Answer	Bloom's Level
1	The FABER test primarily assesses pathology of which joint?	a) Hip b) Knee c) Ankle d) Lumbar spine	a) Hip	Remember
2	Pain during FADDIR test suggests:	a) IT band tightness b) Femoroacetabular impingement c) ACL injury d) Hip dislocation	b) Femoroacetabular impingement	Understand
3	The Thomas test is used to assess tightness of:	a) Quadriceps b) Hamstrings c) Iliopsoas d) Gluteus maximus	c) Iliopsoas	Remember
4	The Lachman test is more sensitive than the Anterior Drawer Test for:	a) Meniscus tear b) PCL injury c) ACL injury d) Collateral ligament injury	c) ACL injury	Apply
5	Which test is used to check the integrity of the Achilles tendon?	a) Thompson test b) Apley's test c) Windlass test d) McMurray test	a) Thompson test	Remember

Section B: Image-Based / Visual Identification

No	Task	Expected Response	Bloom's Level
6	Identify this test (image of Trendelenburg sign).	Trendelenburg Test	Remember
7	Observe the image — which muscle group is being tested in Ober's test?	Tensor fascia lata / IT band	Understand
8	Picture shows examiner squeezing the calf muscle. Name the test and its positive sign.	Thompson Test – No plantar flexion indicates Achilles rupture	Apply

Thankyou???

References:

Textbook of orthopedics (john Epinezar)

Textbook of orthopedics assessment and examination (David Magge)