

Physical findings in common conditions of the shoulder and upper arm

Impingement syndrome

- Hawkins impingement test abnormal
- Neer impingement sign positive
- Supraspinatus resistance test painful
- Painful arc of abduction present
- Subacromial bursa tender

Rotator cuff tear

- Hawkins impingement test abnormal
- Neer impingement sign positive
- Supraspinatus resistance painful and weak
- Supraspinatus & infraspinatus atrophy sometimes present
- Infraspinatus resistance sometimes painful and weak
- Drop arm sign may be present

Adhesive capsulitis (frozen shoulder)

- Generalized and decreased range of motion
- Loss of external rotation most specific
- May see atrophy

Acromioclavicular joint problems

- Tenderness & swelling at a.c. joint
- Pain with cross chest adduction- scarf test
- O'Brien's test may produce pain

Biceps tendinitis

- Biceps tendon tender
- Speed's test may be painful
- Yergason's test may be painful

Shoulder instability

- Apprehension test positive
- Positive drawer and load and shift test
- Sulcus test
- Ability to voluntarily dislocate

Labral tear

- Crank test
- Jerk test

Physical findings in common conditions of the elbow and forearm

Lateral epicondylitis (wrist extensor tendinitis)

Tenderness at the lateral epicondyle
Pain with resisted wrist extension; worse with elbow in extension

Medial epicondylitis (flexor-pronator tendinitis)

Tenderness over medial epicondyle-common flexor origin
Resisted wrist flexion positive pain
Resisted pronation positive pain

Cubital tunnel syndrome

Positive Tinel's over ulnar nerve at cubital tunnel
Positive ulnar nerve compression test
Abnormal sensation at little finger, ulnar aspect ring finger
Possible weakness/ atrophy of intrinsic muscles

Radial tunnel syndrome

Tenderness at the extensor muscle mass of the forearm at the arcade of Frohse
Long finger resisted extension reproduces pain
Possible weakness of finger and thumb extensors

Pronator syndrome

Tenderness over proximal forearm over pronator teres
Prolonged resisted pronation reproduces symptoms

Anterior interosseous nerve syndrome

O sign(weakness of flexor pollicis longus and flexor digitorum profundus of the index finger)

Physical findings in common conditions of the hand and wrist

Carpal tunnel syndrome

- Positive Tinel's sign
- Positive Phalen's test
- Positive median nerve compression test
- Abnormal sensation in median nerve distribution
- Thenar eminence softened and agitated
- Weekend opposition with pinch

DeQuervain's tenosynovitis

- Positive Finkelstein's test
- Tenderness and swelling over 1st dorsal compartment at the radial styloid process
- Positive pain with resisted thumb extension

Basilar joint arthritis

- Swelling and tenderness at the basilar joint
- Abnormal grind test
- Positive shuck test
- Weak and opposition and grip strength

Ganglion cyst

- Palpable mass
- Mass may transilluminate
- Most common locations dorsal wrist near extensor carpi radialis longus and brevis

Dupuytren's disease

- Palpable nodule/thickening in palm
- Most commonly affecting ring or little finger
- Flexion contraction deformity

Physical findings in common conditions of the hip, thigh and buttocks

Osteoarthritis of the hip

- Pain felt over anterior groin
- Loss of range of motion; internal rotation most severely affected
- Abductor limp

Sacroiliac joint dysfunction

- Tenderness over the SI joint
- Positive Patrick's (figure 4; FABER) test

Meralgia paresthetica (lateral femoral cutaneous nerve entrapment)

- Altered sensation over anterior lateral thigh
- Symptoms reproduced with pressure just medial to the ASIS

Piriformis tendinitis

- Positive piriformis test
- Tenderness to deep palpation near the hook of the greater trochanter

Gluteus maximus tendinitis

- Tenderness near the gluteal fold at the inferior aspect of the gluteus maximus
- Positive Yeoman's test

Gluteus medius tendinitis

- Tenderness just proximal to the greater trochanter
- Pain reproduced by resisted AB abduction of the hip

Trochanteric bursitis

- Tender over the lateral aspect of the greater trochanter
- Popping felt with flexion extension of the hip-sometimes
- Sometimes tight ITB tract with positive Ober's test

Physical findings in common conditions of the knee

Osteoarthritis of the knee

- Tibiofemoral joint line tenderness
- Crepitus
- Angular deformity-there is more common than valgus-
- Effusion, visible osteophytes

Patellofemoral syndrome

- Patellar facet tenderness
- Patellar crepitus with positive grind test and step up step down test
- Increased Q angle

Meniscal tear

- Joint line tenderness
- McMurray's test abnormal; Apley's ,Childress's test abnormal
- Loss of extension

ACL injury

- Lachman's test abnormal
- Anterior drawer test abnormal
- Pivot shift test abnormal
- Effusion

Medial collateral ligament injury

- Tender & swelling over injured portion of the ligament
- Valgus stress test abnormal
- Perfusion

Posterior cruciate ligament injury

- Posterior drawer test abnormal
- Drop back sign

Osgood-Schlatter's disease

- Increased prominence of the tibial tubercle
- Tenderness over tibial tubercle

Physical findings in common conditions of the leg, foot and ankle

Posterior tibial tendinitis or tear

- Swelling over the posterior tibial tendon, posterior and distal to the medial malleolus
- Pain reproduced by resisted inversion
- Asymmetric flattening of the longitudinal arch
- Too many toes sign
- Tenderness over the posterior tibial tendon

Peroneal tendinitis

- Swelling posterior to the lateral malleolus
- Tenderness over the peroneal tendons posterior to the lateral malleolus
- Pain reproduced by resisted eversion

Achilles tendon rupture

- Swelling & ecchymosis over the distal Achilles tendon
- Palpable defect in the Achilles tendon, 2-3 cm proximal to calcaneal tuberosity
- Abnormal Thompson's test
- Weak and painful plantar flexion

Anterior tibialis tendon rupture

- Swelling & ecchymosis over anterior ankle
- Tenderness and gap over the tibialis anterior tendon
- Weakness to resisted ankle dorsiflexion

Hallux rigidus

- Prominent visible osteophyte at the dorsum of the 1st MTP.
- Swelling at the 1st MTP.
- Decreased range of motion at the 1st MTP

Hallux valgus

- Great toe deviates laterally
- Bunion formation over medial aspect of the 1st MTP

Morton's neuroma

- Tenderness of the involved web space usually 3rd and 4th toes
- Morton's test reproduces the patient's pain and palpable click (sometimes)
- Numbness in the affected toes

Metatarsalgia

- Tenderness palpated at the ball of the foot
- Positive metatarsal head compression test

Physical findings in common conditions of the cervical & thoracic spine

Cervical radiculopathy

- Decreased range of motion of the cervical spine
- Radiating pain exacerbated by Axial compression & Spurling's test
- Motor, sensory, reflex deficit in the distribution of the involved nerve root

Cervical spinal stenosis with myelopathy

- Decreased range of motion of the cervical spine
- Lhermitte's maneuver produces distal paresthesias
- Broad based again
- Possible lower motor neuron findings at the level of the lesion
- Possible upper motor neuron deficits below the level of the lesion (hyperreflexia, ankle clonus, Babinski's)

Cervical strain

- Diffuse tenderness over posterior neck muscles
- Reduced range of motion
- Normal neurological exam

Physical findings in common conditions of the lumbar spine

Herniated lumbar disc

- Reproduction of sciatic symptoms with nerve tension tests (straight leg raising, Lasegue's test, slump test, bowstring sign)
- Reproduction of sciatica with flexion of lumbar spine
- Reproduction of sciatica with crossed straight leg raising test
- Sciatic notch tenderness
- Neurologic deficit in the distribution of the involved nerve root
- Exacerbation of pain by Valsalva's maneuver

Spinal stenosis

- Loss of the normal lumbar portals
- Passive spine extension reproduces leg symptoms
- Sciatic notch tenderness
- Motor or sensory deficit

Lumbar spondylosis

- Decreased range of motion
- Pain exacerbated by motion
- Localized or diffuse tenderness

Low back strain

- Paraspinous muscle tenderness and or spasm
- Symptoms worse with forward flexion
- Normal neurological exam

