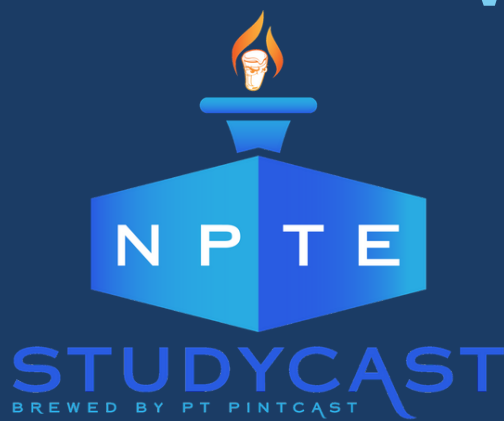


# WE USE SPECIAL TESTS

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PT, DPT



## WHAT IS IT?

- Special tests are used during most orthopedic evaluations. These tests are performed after subjective and objective measurements and assist in ruling in/out conditions, but should not be used alone.
- We use statistics (sensitivity, specificity, likelihood ratios) to better understand the purpose and power of these tests.
- It is better to cluster tests as some tests are low in numbers when used alone.
- Specific tests
  - SPIN: high specificity with a positive result can rule in a condition
  - Specificity: 0.9 or greater is optimal
- Sensitive tests
  - SNOUT: high sensitivity with a negative result can rule out a condition
  - 0.9 or greater is optimal
- Likelihood ratios (quality of the test)
  - +LR: can we rule in the diagnosis
    - 5 or greater is a good finding of the "cluster" of tests
  - -LR: can we rule out the diagnosis
    - 0.2 or lower

## SPECIAL TESTS

- Example of clusters
- Impingement
  - Hawkins Kennedy
  - Painful Arc
  - Empty Can
  - Neers
- Instability
  - Apprehension
  - Relocation
- Rotator Cuff
  - Painful Arc
  - Drop Arm Sign
  - External Rotator muscle test



## TREATMENT EXAMPLES

- PT's use their knowledge to determine what the subjective and objective measurements have lead to.
- Use special tests to ensure a more reliant evaluation and future treatment plan of care.
- What to know about special tests?
  - Know what you are testing
  - What a positive test looks like
    - It may not always be pain
  - Understating the statistics and numbers behind a test



## EXAMPLE QUESTION

A special test X has a positive likelihood ratio of 12.1 and a negative likelihood ratio of 0.8. What is this test good at doing?

- A. Ruling in a diagnosis, but not ruling out
- B. Ruling in and out a diagnosis
- C. Ruling out a diagnosis but not ruling in
- D. Neither ruling out or in a diagnosis



Answer: A