



## Differential Diagnosis of the Lower Quarter

Chad Cook PT, Ph.D., M.B.A, FAAOMPT

Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will “remember” where you were. It’s just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 86 slides and is 80 minutes in duration.

- I. Essential parameters for differential diagnosis
  - A. Description
  - B. Improving order
    - 1. Patient history
    - 2. Patient examination
  - C. Improving post-test probability
  - D. Selecting the best tests for each test’s unique skill set
    - 1. Physical examination tests
    - 2. Timing of the tests
    - 3. Measurement parameters
    - 4. Essential information
    - 5. Key parameters
    - 6. Rules of reporting

Interactive Questions – slide 16 @ 10 minutes

- II. Lower quarter/axial and pelvis tests for early use
  - A. Centralization
  - B. Straight leg raise
  - C. Palpation of the long dorsal ligament
  - D. Thigh thrust
  - E. Pubic symphysis palpation
  - F. Hip flexion test
  - G. Patellar-pubic percussion test
  - H. Ottawa knee rules
  - I. Pittsburgh (knee) rule(s)
  - J. Thessaly test at 20 degrees
  - K. Dynamic test
  - L. Lachman’s test
  - M. Posterior drawer test
  - N. Forced dorsiflexion test
  - O. Beighton scoring for hypermobility

Notes

Interactive Questions – slide 37 @ 32 minutes

---

### III. Lower quarter/axial and pelvis tests for confirmation

- A. Key parameters
- B. Centralization
- C. Well leg raise
- D. Posterior-anterior
- E. Flexion and extension translational PPIVMS
- F. Distraction test
- G. Hip flexion test
- H. Pubic compression test
- I. Trendelenburg's sign
- J. 3 planes or greater of ROM loss
- K. Patellar-pubic percussion test
- L. McMurray's test
- M. Thessaly's test at 20 degrees
- N. Ege's test
- O. Dynamic test
- P. Lachman's test
- Q. Posterior sag test
- R. Forced dorsiflexion test

Notes

Interactive Questions – slide 59 @ 55 minutes

### IV. Clusters of findings for confirmation

- A. CPRs
- B. Three phases
- C. Guidelines
- D. Quality
- E. How CPRs work
- F. Key parameters
- G. CPRs for detecting the following conditions
  1. Sacroiliac joint pain
  2. Pelvic girdle pain
  3. Composite test for arthritis
  4. Torn tibial meniscus
  5. Torn ACL and anterior rotary instability
  6. Torn PCL and posterior rotary instability
  7. Torn collateral ligament
  8. DVT

Interactive Questions – slide 82 @ 76 minutes

### V. Summary

---