

Tibial Nerve

Sensory: Test sensation over the lateral part of the foot.

Motor: Instruct the patient to downwardly flex the ankle and toes.

Femoral Nerve

Sensory: Test sensation over the surface of the thigh and medial lower leg from knee to ankle.

Motor: Instruct the patient to extend the knee against resistance and to then flex the hip against resistance.

Tests for a Herniated Disk

Straight-leg-raising-test: Have the patient lie supine. The examiner places one hand under the ilium, to stabilize the pelvis, and the other under the ankle, then slowly raise the leg. The test is positive only if posterior leg pain is reported.

LeSegue's Test: The patient lies flat while the thigh and knee are flexed to a 90 degree angle. Resistance and pain, as well as loss of ankle or knee-jerk reflex, indicate spinal root compression. Also called sciatic stretch test.

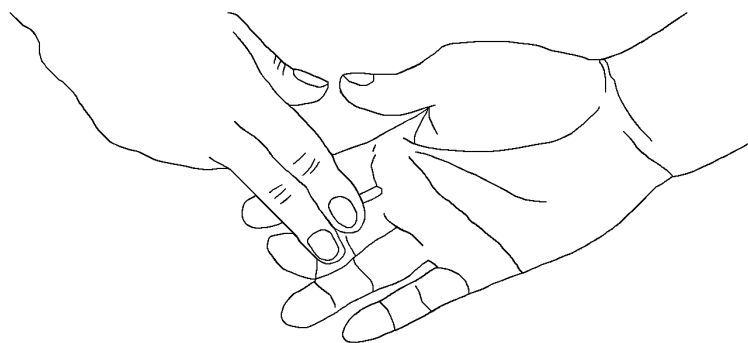
Tests for Carpal Tunnel Syndrome

Trousseau Sign: A blood pressure cuff or tourniquet puts pressure on the upper arm in excess of systolic pressure, for three minutes. A positive result is pain and paresthesia along the distribution of the median nerve. It may also indicate hypocalcemia or hypomagnesemia. Also called a compression test.

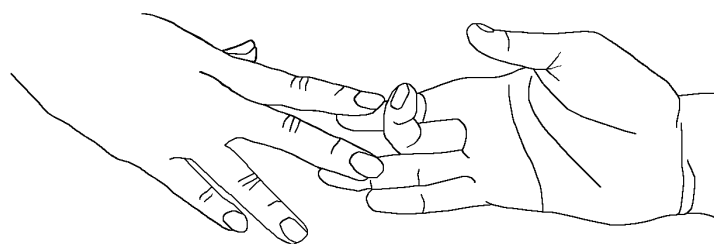
Tinel's Sign: Tap the median nerve over the volar aspect (palm side) of the wrist. If distal tingling is felt, it is an indication of an irritable nerve.

Testing for Tendon Damage

Testing general tendon function: Instruct the patient to spread the fingers apart, then make a fist.



Testing for deep tendon damage: immobilize the proximal interphalangeal joint of the digit of interest and instruct the patient to flex the digit.



Testing for superficial tendon damage: Immobilize the digits on both sides of the digit of interest. Instruct the patient to wiggle the damaged finger.