

Ober's Test: Tight IT Band

- Patient lies on the unaffected side on the edge of a table, with the unaffected hip and knee at a 90-degree angle.
- While stabilizing the pelvis, abduct the upper (affected) leg at the ankle and extend the affected hip, allowing the iliotibial band (ITB) to move posteriorly over the greater trochanter.
- Slowly lower the upper leg down beside the table.
 - If the IT band is tight, the leg will remain in the abducted position and the patient may experience lateral knee pain. It is extremely important to hold the patient's pelvis and keep it at a right angle to the table while moving the involved side.
 - If the IT band is not tight, the leg will adduct and the patient will not experience pain.

A diagram of the Ober's Test can be viewed at <http://www.aafp.org/afp/20000401/2109.html> (Figure 11)

Source: Khaund R, Flynn SH. Iliotibial band syndrome: a common source of knee pain. *Am Fam Physician* 2005; 71(8):1545-1550.

Anterior Drawer Test: Ankle Sprain

- Stabilize patient's lower leg, with the affected ankle at 90 degrees to the long axis of the leg.
- With one hand, grasp the heel and pull forward; with the other hand, exert a posterior force on the tibia.
- The talus will subluxate anteriorly compared to the unaffected ankle if the anterior talofibular ligament is torn.

A diagram of the Anterior Drawer Test can be viewed at <http://www.aafp.org/afp/20061115/1714.html> (Figure 2)

Source: Ivins D. Acute ankle sprain: an update. *Am Fam Physician* 2006; 74(10):1714-1720.

Thompson's (or Simmond's) Calf Squeeze Test: Achilles Tendon Rupture

- Patient kneels on a chair with legs hanging over the edge or lies face down with legs bent up at a 90-degree angle.
- Squeeze the fleshy part of the calf.
- If the foot fails to plantarflex, the test is positive for an acute Achilles tendon rupture.

Source: Alfredson H, Cook J. Pain in the Achilles Region. In: Brukner, Khan, editors. *Clinical Sports Medicine* 3E. McGraw-Hill Australia; 2006.

