Exercise Therapy

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Lowe limb Muscle Length Testing

1. Iliopsoas
Test: Thomas Test
Procedure:

- Patient lies supine on the edge of a table.
- Bring one knee to the chest to flatten the lumbar spine.
- The other leg hangs off the table.
- Positive sign: If the hanging thigh is lifted off the table, it indicates iliopsoas tightness.

2. Rectus Femoris
Test: Modified Thomas Test / Ely's Test
Procedure (Modified Thomas):

- Similar to the Thomas test, but focus on the knee flexion of the hanging leg.
- If the knee can't flex beyond 90° without the thigh rising, rectus femoris is tight.

Procedure (Ely's Test):

- Patient lies prone; the examiner passively flexes the knee.
- Positive sign: If the hip flexes when the knee is flexed, rectus femoris tightness is indicated.

3. Tensor Fasciae Latae (TFL) & Iliotibial Band (ITB)
Test: Ober's Test
Procedure:
Patient lies on the side with the lower leg flexed.
Examiner abducts and extends the upper leg, then slowly lowers it.
Positive sign: If the leg stays abducted and doesn’t drop, TFL/ITB tightness is indicated.

4. Hamstrings
Test: Straight Leg Raise (SLR) / Passive Knee Extension Test
Procedure (SLR):

- Patient lies supine; examiner passively raises the straight leg.
- Tightness is indicated if hip flexion is limited (<80°).

Procedure (Passive Knee Extension):

- Hip flexed to 90°; then knee is extended.
- Less than 20° of knee flexion from full extension indicates tight hamstrings.

5. Gluteus Maximus
Test: Hip Flexion with Knee Flexion
Procedure:

- Patient lies supine.
- Examiner flexes hip with the knee also flexed.
- Restriction of hip flexion indicates tight gluteus maximus.

6. Gluteus Medius and Minimus
Test: Adduction Test
Procedure:

- Patient lies on the side.
- Examiner passively adducts the upper leg.
- Limitation in adduction indicates tight gluteal muscles.

7. Adductors (Longus, Brevis, Magnus, Gracilis)
Test: Hip Abduction Test
Procedure:

- Patient lies supine with legs extended.
- Examiner abducts one leg.
- Reduced abduction indicates tight adductors.

8. Gastrocnemius
Test: Ankle Dorsiflexion with Knee Extended
Procedure:

- Patient lies supine or sits with knee extended.
- Examiner dorsiflexes the foot.
- Limited dorsiflexion with extended knee indicates gastrocnemius tightness.

9. Soleus
Test: Ankle Dorsiflexion with Knee Flexed
Procedure:

- Patient lies supine or sits with knee flexed to about 90°.
- Examiner dorsiflexes the foot.
- If dorsiflexion is limited despite knee flexion, soleus is tight.

10. Tibialis Posterior and Flexor Group
Test: Passive Foot Eversion with Dorsiflexion
Procedure:

- Examiner everts and dorsiflexes the foot.
- Resistance or pain indicates tight posterior compartment muscles.

11. Tibialis Anterior
Test: Passive Plantarflexion and Eversion
Procedure:
Examiner passively plantarflexes and everts the foot.
Resistance or tightness suggests tibialis anterior tightness.

12. Peroneals (Fibularis Longus/Brevis)
Test: Passive Inversion and Dorsiflexion
Procedure:
Foot is passively inverted and dorsiflexed.
Limited range or resistance indicates peroneal tightness.