

# SPECIAL TESTS UNRAVELLED!

## DAY 1

**OVERVIEW:** The need to understand the significance of the many extra or special tests as well as reproduce them accurately has created a demand for this course programme that provides a clear explanation of when and why each test should be used and how to perform the manoeuvres accurately. The programme covers the theory underpinning the use of special tests in the examination and blends this with clinically relevant anatomy, the significance of a positive test, appropriate investigations with hands-on practical time supervised by experienced clinical tutors.

## DAY 1 UPPER LIMB

### A) OUTLINE COURSE CONTENT

Strengths and limitations of clinical examination

Appraising and interpreting the evidence

Understanding specificity, sensitivity and likelihood ratios

Role of imaging in MSK practice

Shoulder anatomy, biomechanics and pathology

Shoulder special tests:

- Tendon tests
- Impingement tests
- Labral tests
- Instability tests

Wrist anatomy, biomechanics and instability

Wrist special tests:

- Instability tests

Additional upper limb tests based on student requests (at time of booking)

The course will include theoretical lectures, tutorials, supervised practical time, case scenarios and revision activities.

### B) COURSE PROGRAMME

**08.30** ..... *Coffee & registration*

**09.00** ..... *Clinical examination*

*Role of imaging*

*Shoulder*

**11.15** ..... *Coffee*

**11.30** ..... *Shoulder*

**13.00** ..... *Lunch*

**14.00** ..... *Shoulder*

*Elbow*

**15.45** ..... *Tea*

**16.00** ..... *Wrist*

**17.00** ..... *Close*

### BIOGS

**Paul Hattam** MSc, MCSP, FSOM is co-author of 'Special Tests – an evidence-based guide for clinicians' published by Elsevier in 2010. He has many years of clinical experience having worked as an extended scope practitioner within the NHS, as well as leading the team at The Physios in Sheffield. Paul is module leader on a MSc programme and tutors extensively.

**Jill Kerr** MSc, MCSP, FSOM is an experienced musculoskeletal physiotherapist and has worked in private practice in Edinburgh for a number of years. In addition, Jill has been very involved in postgraduate education for physiotherapists and doctors, lecturing widely and acting as clinical and academic advisor on a MSc programme. She has also co-authored a clinical textbook 'A Practical Approach to Orthopaedic Medicine' published by Elsevier in 2010.

# SPECIAL TESTS UNRAVELLED!

## DAY 2

**OVERVIEW:** The need to understand the significance of the many extra or special tests as well as reproduce them accurately has created a demand for this course programme that provides a clear explanation of when and why each test should be used and how to perform the manoeuvres accurately. The programme covers the theory underpinning the use of special tests in the examination and blends this with clinically relevant anatomy, the significance of a positive test, appropriate investigations with hands-on practical time supervised by experienced clinical tutors.

## DAY 2 LOWER LIMB

### A) OUTLINE COURSE CONTENT

Strengths and limitations of clinical examination

Appraising and interpreting the evidence

Understanding specificity, sensitivity and likelihood ratios

Role of imaging in MSK practice

Knee anatomy, biomechanics and pathology

Knee special tests:

- One plane tests
- Multiplane tests
- Meniscal tests

Hip anatomy, biomechanics and pathology

Hip special tests:

- Articular tests

Ankle anatomy, biomechanics and pathology

Ankle special tests

- Ligament stress tests
- Instability tests

Additional lower limb tests based on student requests (at time of booking)

The course will include theoretical lectures, tutorials, supervised practical time, case scenarios and revision activities.

### B) COURSE PROGRAMME

**08.30** ..... Coffee & registration

**09.00** ..... Clinical examination  
(or practical workshops for day 1 attendees)

Role of imaging  
(or practical workshops for day 1 attendees)

Knee

**11.00** ..... Coffee

**11.15** ..... Knee

**12.45** ..... Lunch

**13.45** ..... Ankle

**15.00** ..... Tea

**15.15** ..... Hip

**16.00** ..... Review

**17.00** ..... Close