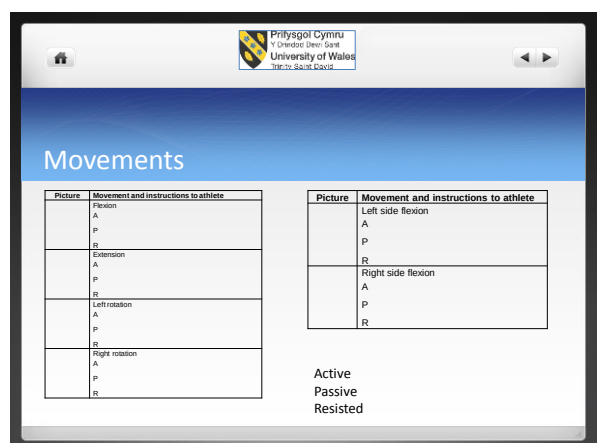
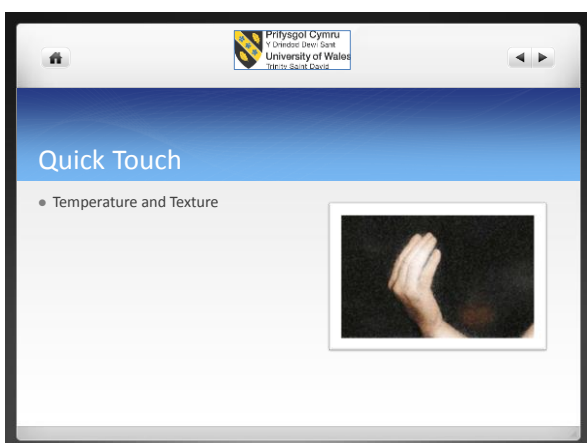
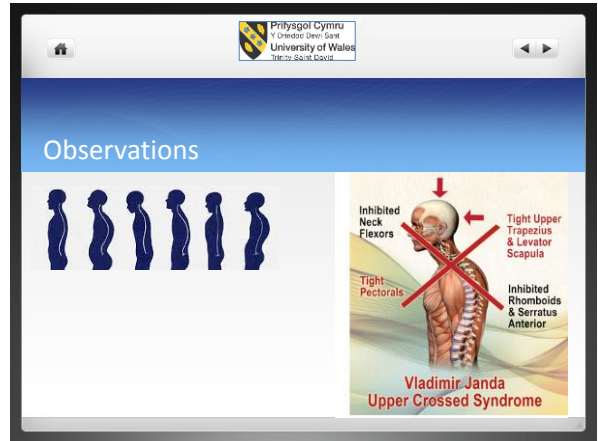
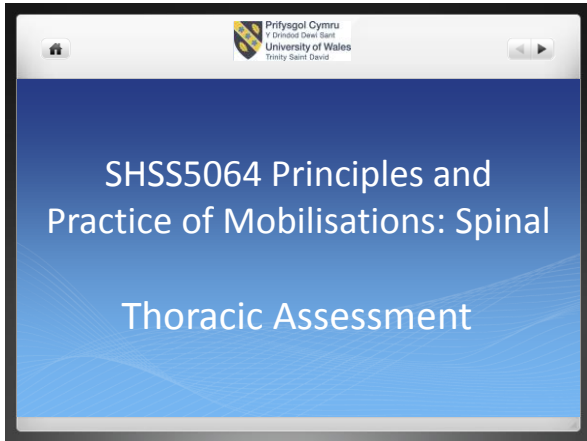






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Y Ddraig Ddu: Sant
University of Wales
The red Saint Dragon



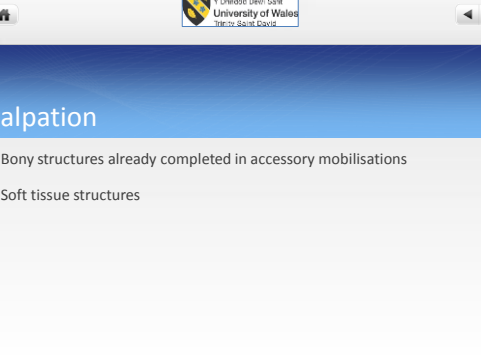
Rule of Three

- T_1-T_3 : TP **level** with SP
- T_4-T_6 : TP **half way** between SP of vertebra in question and the one above
- T_7-T_9 : TP level with SP of **vertebra above**
- $T_{10}-T_{12}$: TP **half way** between SP of vertebra in question and the one above

[illegible]

A screenshot of a presentation slide. The slide has a blue header bar with the text "Manual muscle tests" in white. Below the header, the slide content is white. At the top of the slide, there is a header bar with a logo on the left, the text "Prifysgol Cymru / University of Wales" in the center, and navigation icons on the right. The logo is a yellow shield with a black cross. The text "Prifysgol Cymru" is in Welsh, and "University of Wales" is in English. Below the Welsh text, it says "Ymddiriedolaeth Idris" and "The University of Wales". The navigation icons are a left arrow and a right arrow. The slide content consists of a bulleted list of manual muscle tests for the Erector Spinae muscle. The list is as follows:

- Erector Spinae as a Extensor (group)
- Erector Spinae as a Lateral Flexor
- Many also need to test muscle that attach to the ribs if suspected
 - Pectoralis major
 - Rectus abdominus
 - Internal and external obliques



The image is a screenshot of a presentation slide. At the top, there is a header bar with a blue gradient. On the left side of the header, there is a small icon of a house. In the center of the header, there is a logo for 'Prifysgol Cymru' (University of Wales) featuring a yellow and black shield with a red cross. To the right of the logo, the text 'Prifysgol Cymru' and 'University of Wales' is displayed. On the right side of the header, there are two small navigation arrows. Below the header, the main content area has a white background. The title 'Palpation' is written in a large, bold, black font. Below the title, there is a bulleted list with two items: 'Bony structures already completed in accessory mobilisations' and 'Soft tissue structures'.

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Palpation

- Bony structures already completed in accessory mobilisations
- Soft tissue structures

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Joints above and below

- Cxsp
- Shoulder
- Lxsp

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Special Tests

- Slump Test
- Adson's Manoeuvre
- Roo's test

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Slump Test

- Athlete seated, popliteal area on edge of plinth. SRN
- Tx and Lx actively move into flexion. SRN
- Add over-pressure on shoulders in a line between T1 and ischial tuberosity. SRN
- Add active Cx flexion. SRN
- Add passive Cx over-pressure. SRN
- Athlete actively extends one knee (asymptomatic side first). SRN
- Return Cx to neutral (actively). SRN
- Athlete tries to further extend knee. SRN, ROM
- If there is a difference between ROM test is +ve, or if neural signs are present.
- If not return lower leg to start position, repeat 4-6 and add active then passive ankle dorsiflexion systematically.
- Repeat whole test for symptomatic side.

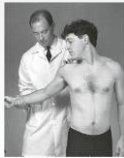
(SRN = Symptom response noted, ROM = Range of movement)



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Adson's Manoeuvre

- Therapist locates radial pulse
- Athlete rotates head to test side
- Athlete extends neck
- Therapist simultaneously laterally rotates and extends the shoulder
- Athlete takes a deep breath and holds it (up to 20s)
- Test is +ve if the radial pulse disappears



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Roo's Test

- Client abducts arms to 90° (slightly behind frontal plane)
- Client flexes elbows to 90° with palms facing forward
- Client opens and closes hands slowly for up to 3minutes
- Test is +ve if client is unable to maintain the position or experiences ischemic pain, weakness, numbness or tingling

