

Special Tests & Differential Diagnosis for Sciatic Nerve Pathologies (Table below Adapted from Park et al., 2020)

SCIATIC NERVE PATHOLOGY: Special Tests	“Deep Gluteal Syndrome”:	“Piriformis Syndrome”:	“Hamstring Syndrome”:	“Ischiofemoral Impingement”:
SLR, Lasegue’s test	+ Test	+ Test		
Freiberg’s Sign		+ Test		
Pace’s Sign		+ Test		
Beatty Sign		+ Test		
FAIR (FADIR)		+ Test		
Active Piriformis Test	+ Test			
Seated Piriformis Stretch	+ Test			
Active Hamstring Test at 30° and 90°			+ Test	
Long Stride Heel Strike Test (pain with heel strike)			+ Test	
Ischiofemoral impingement test				+ Test
Long Stride Walking Test				+ Test
*MRI/Imaging!	Recommend using MRI as “gold-standard” tool to diagnose “deep gluteal syndrome” (Park, 2020)		Recommend using MRI as “gold-standard” tool to diagnose “deep gluteal syndrome” (Martin, 2018)	

Special Tests & Differential Diagnosis for Hamstring Muscle/Tendon Pathology

HAMSTRING MUSCLE/TENDON PATHOLOGY Special Tests:	Notes on Test Performance & Interpretation:
<p>Bent-Knee Stretch Test (aka Hamstring 90°/90° test)</p>	<p>Test Performance: Hip is passively flexed to 90°, with knee bent, then knee is straightened to full extension</p> <p>+ Test: reproduce pain/symptoms at posterior thigh or ischial tuberosity hamstring tendon attachment</p>
<p>Active Hamstring Test at 30° Knee Flexion</p> <p>Active Hamstring Test at 90° Knee Flexion</p> <p>*Note: Combination of results from these 2 Tests had the best predictive values! (Sensitivity 84% and Specificity 97%; Martin, 2018)</p>	<p>Test Performance: Manual resistance of knee flexion with the knee flexed to 30° or 90° respectively</p> <p>+ Test: reproduce pain/symptoms at posterior thigh or ischial tuberosity hamstring tendon attachment</p>