

TABLE 18-4 Waddell's Signs

TEST	SIGNS
Tenderness	Superficial—the patient's skin is tender to light pinch over a wide area of lumbar skin Nonanatomic—deep tenderness felt over a wide area, not localized to one structure
Simulation Tests	Axial loading—light vertical loading over patient's skull in the standing position causes lumbar pain Acetabular rotation—back pain is reported when the pelvis and shoulders are passively rotated in the same plane as the patient stands; considered to be a positive test result if pain is reported within the first 30 degrees
Distraction Tests	Straight-leg-raise discrepancy—marked improvement of straight-leg raising on distraction compared with formal testing Double-leg raise—when both legs are raised after straight-leg raising, the organic response is a greater degree of double-leg raising; patients with a nonorganic component demonstrate less double-leg raise compared with the single-leg raise
Regional Disturbances	Weakness, cogwheeling, or giving way of many muscle groups that cannot be explained on a neurologic basis Sensory disturbance—diminished sensation fitting a “stocking” rather than a dermatomal pattern
Overreaction	Disproportionate verbalization, facial expression, muscle tension and tremor, collapsing, or sweating

From Karas R, McIntosh G, Hall H, et al. The relationship between nonorganic signs and centralization of symptoms in the prediction of the return to work for patients with low back pain. *Phys Ther* 1997;77:356. Reprinted with permission of the American Physical Therapy Association.