

Elbow Valgus Stress Test

Date:

Patient's name:

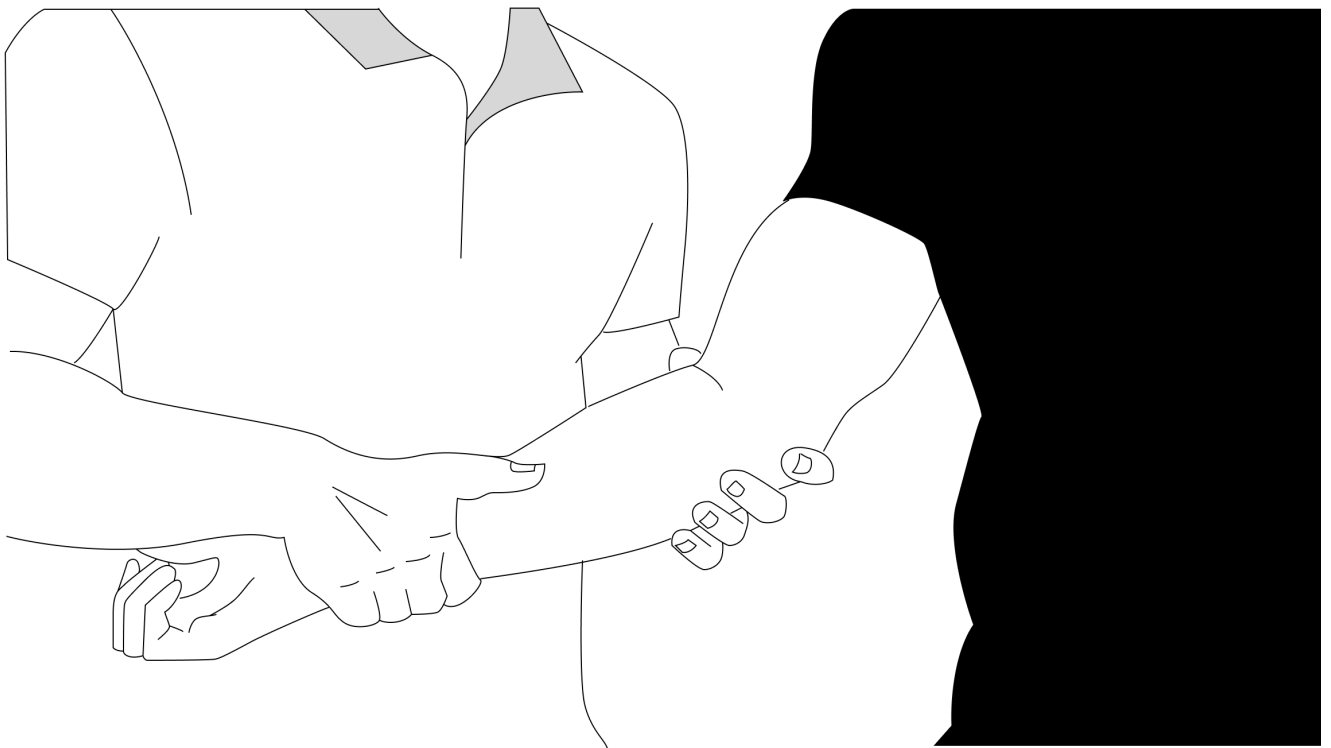
Date of birth:

Symptoms (if needed):

Relevant medical information (if needed):

Instructions

1. Position the patient comfortably in either a supine, sitting, or standing posture, considering both convenience and necessity.
2. With the patient's elbow slightly bent at around 20 degrees, carefully palpate the medial joint line.
3. Use one hand to stabilize the distal humerus, ensuring it remains stationary throughout the test.
4. With the other hand, gently apply a valgus force to the elbow, closely monitoring the patient's reaction to the maneuver.



5. Observe and record any pain reported by the patient or any signs of excessive laxity, particularly when compared to the opposite side, which indicates a positive test outcome.
6. For a comprehensive assessment of the ulnar collateral ligament (UCL) or medial collateral ligament (MCL), repeat the test with the elbow in various degrees of extension to examine its different segments.

Results

Positive: A positive valgus stress test indicates UCL injury or valgus instability, characterized by no firm end point, medial joint opening >1 mm (fluoroscopically), or pain reproduction.

Negative: A negative test suggests normal UCL integrity, with a firm end point, minimal joint opening, and no pain during valgus stress.

Findings

Additional notes

Karbach, L. E., & Elfar, J. (2017). Elbow Instability: Anatomy, Biomechanics, Diagnostic Maneuvers, and Testing. *The Journal of Hand Surgery*, 42(2), 118–126. <https://doi.org/10.1016/j.jhsa.2016.11.025>

Physiotutors. (n.d.). *Elbow valgus instability stress test | medial collateral ligament*. Physiotutors. <https://www.physiotutors.com/wiki/elbow-valgus-instability-stress-test/>