Elbow Valgus Test

Name:	Date:

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, the therapist should 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.

Findings

Additional notes

Healthcare provider information

Name and signature:	
License number:	Contact number: