

Mill's Test

Name:

Date:

Mill's Test is a physical examination maneuver used in orthopedic and sports medicine to assess the presence of lateral epicondylitis, commonly known as tennis elbow. Tennis elbow is a condition characterized by pain and inflammation on the outer (lateral) side of the elbow, typically caused by repetitive motions of the forearm and wrist.

Instructions

1. Have the patient sit or stand comfortably. Position their affected arm so it's extended straight out in front of them, with the elbow fully extended (straight) and the palm facing down.
2. Stand or position yourself facing the patient's side. Place one hand on the patient's wrist, gently securing it.
3. Use your other hand to hold the patient's elbow firmly but gently, ensuring stability during the test.
4. Begin the test by passively pronating the patient's forearm, which means rotating their palm downward. Simultaneously, flex the patient's wrist, bending it downward gently.
5. Instruct the patient to resist this movement. Ask them to push their wrist and hand back into extension against your resistance.
6. If the patient experiences pain or discomfort on the lateral side of the elbow during the test, it's considered a positive Mill's Test, suggesting potential issues with the tendons and muscles associated with lateral epicondylitis.
7. If the test is positive, explain the implications to the patient.
8. Discuss the possibility of lateral epicondylitis (tennis elbow) and the need for further evaluation and treatment.
9. Document the results of the Mill's Test, including the presence of pain or discomfort, the severity, and any relevant patient responses.

Reminders

- Apply a gentle and controlled force during the test. Do not use excessive pressure or sudden movements to avoid causing additional discomfort.
- Continuously ask the patient for feedback during the test. Inquire about any pain, discomfort, or unusual sensations they might be experiencing.
- Pay close attention to the patient's reaction. Note any signs of pain, especially on the lateral side of the elbow.

Additional notes