

# Stress Fracture Shin Test

## (Fulcrum Test)

Name	Date
<p>The Stress Fracture Shin Test or Fulcrum Test for the shin or tibia is a physical examination technique used to assess for a stress fracture or other bone injury in the lower leg.</p>	
<p><b>Instructions</b></p> <ol style="list-style-type: none"><li>1. Start by explaining the test to the patient and asking them if they have any pain or discomfort in the affected leg.</li><li>2. Ask the patient to lie on their back with their knee bent.</li><li>3. Position yourself at the end of the patient's bed or table, facing the patient's feet.</li><li>4. Place one hand under the heel of the affected leg and the other hand just below the knee.</li><li>5. Apply downward pressure to the heel while simultaneously lifting the lower leg.</li><li>6. Ask the patient if they experience any pain or discomfort during the test. If they do, ask them to rate the intensity of the pain on a scale of 1 to 10.</li><li>7. Repeat the test on the patient's other leg for comparison.</li></ol>	
<p><b>Reminders</b></p> <ul style="list-style-type: none"><li>• Make sure to explain the test to the patient beforehand and get their consent.</li><li>• Be gentle and gradual with the pressure you apply during the test. Don't force anything or cause unnecessary pain.</li><li>• Use the patient's responses to guide your assessment and diagnosis.</li><li>• Always follow up with appropriate medical treatment based on your findings.</li></ul>	
<p><b>Additional notes</b></p>	