

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>Instructions</p> <ol style="list-style-type: none">1. Start by explaining the test to the patient and asking them if they have any pain or discomfort in the affected leg.2. Ask the patient to lie on their back with their knee bent.3. Position yourself at the end of the patient's bed or table, facing the patient's feet.4. Place one hand under the heel of the affected leg and the other hand just below the knee.5. Apply downward pressure to the heel while simultaneously lifting the lower leg.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 10.7. Repeat the test on the patient's other leg for comparison.	
<p>Reminders</p> <ul style="list-style-type: none">• Make sure to explain the test to the patient beforehand and get their consent.• Be gentle and gradual with the pressure you apply during the test. Don't force anything or cause unnecessary pain.• Use the patient's responses to guide your assessment and diagnosis.• Always follow up with appropriate medical treatment based on your findings.	
<p>Additional notes</p>	