Valgus Stress Test

Name:

Date:

The Valgus Stress Test or Medial Stress Test is a physical examination test used to evaluate the integrity of the medial collateral ligament (MCL) of the knee. The MCL is a band of tissue that runs along the inner aspect of the knee, connecting the thigh bone (femur) to the shin bone (tibia), and helps to stabilize the knee joint.

Materials

- Examination table
- Gloves
- · Goniometer (optional)

Instructions

- 1. Ask the patient to lie down on the examination table with their legs extended.
- 2. Position yourself on the side of the patient's affected knee.
- 3. Put on gloves to maintain hygiene.
- 4. Position one hand on the patient's thigh bone to stabilize it, and place the other hand on the ankle to apply the valgus force.
- 5. Bend the patient's knee to about 30 degrees, keeping the thigh bone in a neutral position.
- 6. Apply a valgus force to the patient's knee by pushing the ankle away from the body, while keeping the thigh bone stabilized with your other hand.
- 7. Observe the patient's response to the test. Look for signs of pain, discomfort, or laxity along the inner aspect of the knee joint.
- 8. If needed, use a goniometer to measure the degree of laxity in the MCL.
- 9. Repeat the test on the unaffected knee for comparison.
- 10. Document your findings in the patient's medical record.

Reminders

- Ensure that the patient is comfortable and lying in a relaxed position before beginning the test.
- · Use proper body mechanics to avoid straining your own muscles or causing injury to the patient.
- · Apply the valgus force gradually and gently, and stop immediately if the patient experiences pain or discomfort.
- Be aware that the test may be more challenging to perform in patients with obesity or limited knee mobility.
- · Always compare the results of the affected knee with those of the unaffected knee for a more accurate diagnosis.
- · Use additional tests and imaging studies to confirm a diagnosis and develop an appropriate treatment plan.

Notes

