

Valgus Stress Test

Name:	Date:
<p>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.</p>	
Materials	
<ul style="list-style-type: none">• Examination table• Gloves• Goniometer (optional)	
Instructions	
<ol style="list-style-type: none">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	
<ul style="list-style-type: none">• 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	