

Varus Stress Test

Name: _____

Date of birth: _____ Gender: _____

Examiner: _____ Date of test: _____

The Varus Stress Test is performed to assess injuries or abnormalities in ligaments in both knee and elbow helping in early diagnosis and treatment planning.

Procedure

Varus Stress Test for the elbow

1. Have the patient stand.
2. Place the patient's elbow in slight flexion while palpating the humeroulnar joint line.
3. Apply a varus force to the elbow.

Note: The test is typically performed with the elbow flexed between 5 and 30 degrees, though it can be repeated at different angles.

Test result:

Positive test: Pain or excessive laxity is noted, especially compared to the contralateral side.

Negative test: No pain or excessive laxity is observed.

Varus Stress Test for the knee

1. Patient lies in a supine position.
2. Flex the knee to 30°, using a cushion or the edge of the bed for relaxation.
3. Use one hand to stabilize the femur.
4. With the other hand, apply slight lateral rotation to the lower leg.
5. Perform passive adduction at the knee joint to stress the lateral collateral ligament (LCL).

Note: The test is also performed at 0° and 20-30° to assess the knee in a closed-packed position.

Test result:

Positive test: If the knee adducts more than normal compared to the unaffected leg, indicating a possible LCL tear.

Negative test: No abnormal adduction or instability compared to the unaffected leg.

Remarks/Additional notes

Healthcare professional's information

Name:

Signature:

License number/ID:

Phone number:

Email address: