

Varus Stress Test

1. Purpose

The Varus Stress Test is employed to assess the integrity of the lateral collateral ligament (LCL) in the knee or the radial collateral ligament in the elbow. It can detect injuries or abnormalities in these ligaments, helping in early diagnosis and treatment planning.

2. Test Position

- **For the Knee:** The patient is seated or lying down with the knee flexed to about 20-30 degrees.
- **For the Elbow:** The patient's arm is supported, and the elbow is flexed to about 20-30 degrees.

3. Step-by-Step Procedure

For the Knee:

- a. The examiner supports the ankle with one hand and places the other on the knee joint.
- b. The examiner applies a varus (inward) force to the knee, attempting to open the lateral aspect of the joint.
- c. The examiner evaluates any excessive movement or pain.

For the Elbow:

- a. The examiner holds the wrist and places the other hand on the elbow.
- b. The examiner applies a varus force to the elbow, attempting to open the lateral aspect of the joint.
- c. The examiner observes for abnormal movement or pain.

4. Importance of Test

The Varus Stress Test aids in the early detection of ligament injuries, which can lead to more targeted and effective treatment. Early intervention can prevent further damage and potentially reduce recovery time.

5. Client Information

Name:

Age:

Gender:

Medical Condition: [Detailed description of the medical condition, including any chronic illnesses or pre-existing conditions]

Presenting Symptoms: [List of symptoms the patient is currently experiencing, such as pain, swelling, or limited range of motion in the knee or elbow]

Diagnosis: [Final diagnosis based on examination and any other diagnostic tests, such as an MRI or X-ray]