

**Specific Testing/Maneuvers
of the Elbow**

Valgus Stress Test

Structure/sign being tested: Ulnar (medial collateral ligament) of the elbow

Position of Patient: Sitting or standing

Position of examiner: In front of patient

Procedure: Stabilize the lateral side with one hand (as fulcrum) and then exert a valgus force with elbow in slight flexion until you can assess the "endpoint"

Positive Test Result: Increased laxity when compared bilaterally with the other elbow. Ligament tests are graded as Negative (firm endpoint), 1+, 2+, 3+



**Specific Testing/Maneuvers
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Varus Stress Test

Structure/sign being tested: Radial collateral ligament) of the elbow

Position of Patient: Sitting or standing

Position of examiner: In front of patient

Procedure: Stabilize the medial side with one hand (as fulcrum) and then exert a varus force with elbow in slight flexion until you can assess the "endpoint"

Positive Test Result: Increased laxity when compared bilaterally with the other elbow. Ligament tests are graded as Negative (firm endpoint), 1+, 2+, 3+



**Specific Testing/Maneuvers
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Resisted Wrist Extension Test

Structure/sign being tested: The common extensor tendon as it passes over the lateral epicondyle

Position of Patient: Standing with elbow in extension, forearm pronated, and fingers flexed

Position of examiner: Standing lateral to the patient. One hand is placed over the dorsal aspect of the wrist and hand

Procedure: The examiner resists wrist extension while palpating the lateral epicondyle

Positive Test Result: Pain over the lateral epicondyle



Reference # 4,9

**Specific Testing/Maneuvers
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Resisted Middle Finger Extension Test

Structure/sign being tested: The common extensor tendon as it passes over the lateral epicondyle

Position of Patient: Standing with elbow in extension, forearm pronated, and fingers flexed

Position of examiner: Standing lateral to the patient. One hand is placed over the dorsal aspect of the fingers

Procedure: The examiner resists finger extension while palpating the lateral epicondyle

Positive Test Result: Pain over the lateral epicondyle



**Specific Testing/Maneuvers
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Resisted Wrist Flexion

Structure/sign being tested: Wrist flexors

Position of Patient: Seated or standing, with elbow extended

Position of examiner: In front of patient

Procedure: The wrist is flexed to about 90 degrees while elbow is extended, and this motion is resisted by the examiner

Positive Test Result: Increased pain/and or weakness (particularly at origin of wrist flexors, near the medial epicondyle)



**Specific Testing/Maneuvers
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Ulnar Nerve Tinels/Cubital Tunnel Test

Structure/sign being tested: The integrity of the Ulnar nerve

Position of Patient: Standing or sitting with the elbow slightly flexed

Position of examiner: Standing lateral to the patient

Procedure: The examiner taps the Ulnar nerve where it passes through the Ulnar groove (Tinels) between the medial epicondyle and olecranon process, then tapping the Ulnar nerve in the Cubital tunnel

Positive Test Result: Reproduction of pain/paresthesias in the lateral forearm, hand, and 4-5th fingers

Reference # 4,9


