**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+

**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+

**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 of the Elbow**

**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.

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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 weakness (particularly at origin of wrist flexors, near the medial epicondyle).

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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 and paresthesias in the lateral forearm, hand, and 4-5th fingers.

Reference # 4.9