

## Knee Special Tests: Medial and Lateral Collateral Ligament Testing

Knee special tests are valuable diagnostic tools used to evaluate the integrity of the medial and lateral collateral ligaments (MCL and LCL) in the knee joint. Medial collateral ligament testing involves the application of a valgus stress test. During this test, a healthcare professional applies a lateral force to the knee joint while the leg is slightly flexed, assessing the stability of the MCL by observing any abnormal movement or pain. On the other hand, lateral collateral ligament testing utilizes a varus stress test, where a healthcare professional applies a medial force to the knee joint while the leg is slightly flexed. This test evaluates the stability of the LCL by examining for any abnormal movement or discomfort. These knee special tests help clinicians accurately diagnose and determine the extent of collateral ligament injuries, guiding appropriate treatment strategies for patients and promoting optimal recovery and knee joint function.



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### Medial Collateral Ligament Testing

#### Valgus Stress Test

**V**-goose

The patient will be lying supine with the testing knee flexed to 20-30 degrees (this can also be done at 0 degrees). The clinician will place one hand on the medial surface of the knee and the other hand on the lateral surface of the knee. The clinician will then apply a valgus force with the distal hand. A positive test is indicated by excessive movement into knee valgus.

### Lateral Collateral Ligament Testing

#### Varus Stress Test

**V**ampire

The patient will be lying supine with the testing knee flexed to 20-30 degrees (this can also be done at 0 degrees). The clinician will place one hand on the lateral surface of the knee and the other hand on the medial surface of the knee. The clinician will then apply a varus force with the distal hand. A positive test is indicated by excessive movement into knee varus.