

Elbow Extension Test

Patient information	
Name:	Age:
Gender: Male Female Prefer not to say	
Date of test:	
Purpose	
To assess for the presence of either a bony fracture or elbow joint effusion by determining the ability to fully extend the elbow, which helps in reducing the number of unnecessary radiographs in patients aged 3 years and older.	
Equipment	
None required	
Test procedure	
<ol style="list-style-type: none">1. Position the patient seated or standing with the arm in supination and the shoulder flexed to 90 degrees.2. Ask the patient to fully extend the elbow to a straight, locked position.3. The examiner observes and assesses whether the patient achieves full elbow extension.4. Document the results for both left and right elbows.	
Test results	
<p>Left elbow:</p> <p>Positive: The patient cannot fully extend the elbow to a straight, locked position, indicating a possible fracture or effusion.</p> <p>Negative: The patient can fully extend the elbow to a straight, locked position, suggesting no significant fracture or effusion.</p>	<p>Right elbow:</p> <p>Positive: The patient cannot fully extend the elbow to a straight, locked position, indicating a possible fracture or effusion.</p> <p>Negative: The patient can fully extend the elbow to a straight, locked position, suggesting no significant fracture or effusion.</p>

Additional notes

Healthcare professional information

Name:

Signature:



Date:

Reference

Yaver, J. (2008). The users' guide to the musculoskeletal examination: Fundamentals for the evidence-based clinician. *Physical Therapy*, 88(12), 1605–1606. <https://doi.org/10.2522/ptj.2008.88.12.1605>