

# Maudsley's Test

## Patient details

Full name:

Age:

Gender:

Date:

## Examiner details

Name:

Position:

Facility:

## Test purpose

To assess for lateral epicondylitis (tennis elbow).

## Procedure

1. The patient is seated or standing, with their affected arm resting on a table or comfortably positioned in front. The elbow is flexed or extended as appropriate, and the forearm is pronated (palm facing downward).
2. The examiner stands facing the patient and stabilizes the patient's elbow with one hand.
3. The patient is instructed to extend their middle finger against resistance.
4. The examiner places their other hand over the middle finger and applies downward pressure while the patient tries to raise their finger upwards, creating a resisted extension.
5. The examiner notes any sudden pain localized at or around the lateral epicondyle of the elbow, specifically where the extensor carpi radialis brevis and the extensor digitorum communis attach.

## How are the results interpreted?

The results of Maudsley's Test are interpreted based on the patient's pain response during resisted middle finger extension:

- **Positive:** If the patient experiences sudden, sharp pain over the lateral epicondyle or surrounding region during the test, it suggests a positive result. This pain is indicative of lateral epicondylitis (tennis elbow), specifically implicating the involvement of the extensor carpi radialis brevis or extensor digitorum communis tendons, which are part of the common extensor tendon attaching at the lateral epicondyle.
- **Negative:** The result is negative if the patient does not feel pain or only experiences mild discomfort not specifically localized to the lateral elbow. This suggests that lateral epicondylitis may not be present, or at least not the primary source of pain.

**Test results**

Positive

Negative

Affected side:

Pain location:

**Comment****Recommendations**

Signature: