

# Milking Maneuver

Patient name:

Age:

Date of test:

## Overview

The Milking Maneuver is a diagnostic test for elbow ligament injuries, specifically assessing the anterior and posterior bundles of the ulnar collateral ligament for valgus instability.

## Milking Maneuver procedure

1. Ensure the patient is either standing or seated.
2. Ensure the patient's forearm is supinated and the elbow is flexed to 90 degrees.
3. Pull the patient's thumb laterally to apply elbow valgus stress.
4. Observe for pain, instability, and apprehension as positive signs.
5. Compare results with the contralateral elbow.

## Results

**Positive:** If the maneuver elicits pain or a sense of instability in the medial aspect of the elbow, it suggests a potential injury or laxity in the ulnar collateral ligament (UCL).

**Negative:** No pain or discomfort typically indicates a healthy UCL.

## Additional notes

## Healthcare professional's information

Name:

License number:

Contact number:

Signature:

## Reference

Erickson, B., Harris, J., Chalmers, P., Bach, B., Verma, N., Bush-Joseph, C., & Romeo, A. (2015). Ulnar collateral ligament reconstruction: Anatomy, indications, techniques, and outcomes. *Sports Health*, 7, 511-517. <https://doi.org/10.1177/1941738115607208>