

# Valgus Extension Overload Test

Patient name: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Date of test: \_\_\_\_\_

## Purpose

The Valgus Extension Overload Test is performed to diagnose valgus extension overload syndrome, a condition often seen in athletes who engage in repetitive overhead throwing motions, such as pitchers. This condition is characterized by pain at the posteromedial aspect of the elbow, particularly during extension, and if left untreated, it can lead to the development of osteophytes and other complications.

## Equipment needed

- Examination table or chair
- Clinician gloves (optional)

## Test procedure

1. Position the patient seated or standing with the arm to be tested relaxed and the elbow extended by 20-30 degrees.
2. Stand beside the patient, stabilizing the upper arm with one hand and placing the other hand on the patient's wrist.
3. Apply a valgus force by gently pushing the forearm laterally while the elbow is extended.
4. Suddenly move the elbow to full extension.

## Test results

### Positive result:

The patient experienced pain or discomfort at the posteromedial elbow when suddenly moving to full extension, suggesting valgus extension overload syndrome.

### Negative result:

The patient did not experience pain or discomfort, indicating that valgus extension overload syndrome is less likely.

## Additional notes

## Healthcare professional information

Name:

Signature:



Date: