



## Ligament and Capsule Stress Test Technique

- ☐ Explain the technique to the patient
- ☐ Position the patient comfortably
- ☐ Stabilize proximal segment
- ☐ Grasp distal segment
- ☐ Position joint in correct position
- ☐ Apply stress in proper direction with sufficient force to stretch ligament or capsule

From S. Shultz, P. Houglum, and D. Perrin, 2016. *Examination of musculoskeletal injuries*, 4th ed. (Champaign, IL: Human Kinetics).