

Milking Maneuver

MILKING MANEUVER

Patient name: _____ Age: _____

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

Results - Select one:

- ☐ 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 - Specify below:

Name: _____ License number: _____

Contact number: _____

Signature: _____