

*Milking Test*



**Structure/condition tested:** UCL tear.

**Positive sign:** Pain; symptom reproduction.

**Test Procedure:** Supinate the forearm, flex elbow to 70 degrees; stabilize the elbow; pull the thumb moving the forearm into a more supinated position apply a valgus force.

LR+ = 4

LR- = .01

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*Posterior Rotatory Instability (Pivot Shift) Test*



**Structure/condition tested:** Chronic elbow instability.

**Positive sign:** Elbow subluxes during extension, relocates during flexion.

**Test Procedure:** Shoulder and elbow flexed to 90 degrees; supinate the forearm; while extending the elbow, apply a valgus force and compression along the long axis of the ulna/radius; return the elbow to a flexed position.