

Fulcrum Test (Femoral stress fx)

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

Table of contents

1	Technique	1
2	Grading	1
3	Validity	2

The “fulcrum test” refers to a special test used to rule-in a [femoral shaft stress fracture](#).¹

1 Technique

<https://www.youtube.com/watch?v=k2vDNa7hW2c&pp=ygUeaG93IHRvIHBlcmZvciB0aGUgZnVsY3J1bSB0ZXN0>

- Patient is seated with knees bent¹
- Clinician places arm under symptomatic thigh¹
- With the opposite hand, the clinician applies a gentle downward pressure from distal thigh/knee (into hip extension)¹

2 Grading

Sharp pain or apprehension when the fulcrum arm is placed under the fracture site is considered a positive test¹

3 Validity

No validity research has been performed on the fulcrum test¹

1. Dutton M. *Dutton's Orthopaedic Examination, Evaluation, and Intervention*. Fifth edition. McGraw Hill Education; 2020.