

# Fulcrum Test (Femoral stress fx)

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

## 1 Technique

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

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

## 2 Grading

Sharp pain or apprehension when the fulcrum arm is placed under the fracture site is considered a positive test<sup>1</sup>

### 3 Validity

No validity research has been performed on the fulcrum test<sup>1</sup>

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