LEI examination points:

• Lateral epicondyle, left and right

- This examination is performed with the patient’s arm flexed at 90°

- The thumb is pressed on the lateral epicondyle with the fingers underneath for support. Pressure, sufficient to blanch the nail is exerted and the enthesis examined for tenderness

• Medial femoral condyle, left and right

- Find the joint line of the knee. Move the fingers approximately 2.5 cm (1 inch) proximal to this to locate the bony diffuse swelling on the medial femoral condyle

- The thumb is pressed on the medial femoral condyle, sufficient to blanch the nail and the enthesis examined for tenderness

• Achilles tendon insertion, left and right

- The Achilles tendon insertion can be located by following the Achilles tendon down until it inserts

- Place the thumb on the insertion site with pressure sufficient to blanch the nail and assessed for tenderness.

When examining the entheses, pressure should be exerted at the enthesis sufficient to blanch the finger nail of the examiner. In addition the presence of soft-tissue swelling at the enthesis should also be assessed. For each entheseal site, assessment is made of the adjacent joint in terms of tenderness and soft-tissue swelling.

Careful attention should be made to try and distinguish swelling and tenderness separately at the joint and the juxta-articular enthesis.

The LEI score range is 0-6.