The LEI is a quick and easy testing method, requiring only a few minutes to check the sites where enthesitis frequently occurs.\(^1,2\)

At each site, exert pressure at the enthesis sufficient to blanch the fingernail (approximately 4 kg/cm\(^2\)), and assess the presence or absence of tenderness.\(^2,3\)

Also assess the presence of soft-tissue swelling at the enthesis.\(^3\)

1. **Lateral Epicondyle**\(^4\)
   Find the lateral epicondyle of the humerus at the common extensor origin.\(^3\)

2. **Medial Femoral Condyle**\(^4\)
   Find the medial condyle of the femur, superior to the joint line, at the origin of the medial collateral ligament.\(^3\)

3. **Achilles Tendon Insertion**\(^4\)
   Find the posterior prominence of the calcaneum at the insertion of the Achilles tendon.\(^3\)

For more on testing, visit [ElevateEnthesitis.com](http://ElevateEnthesitis.com).