

CLINICAL EXAMINATION: WRIST AND HAND

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at www.optp.com and search for the product number.

INSPECTION AND PALPATION (Pre and post clinical testing)

– Temperature

– Swelling

Passive Forearm pronation

Passive Forearm supination

Passive Wrist extension

Passive Wrist flexion

Passive Wrist radial deviation

- in neutral
- in slight extension
- in slight flexion

Passive Wrist ulnar deviation

- in neutral
- in slight extension
- in slight flexion

Passive Radiocarpal pro- and supination

Passive Thumb reposition

Resisted flexion & radial deviation (FCR)

Resisted extension & radial deviation (ECRL & ECRB)

Resisted flexion & ulnar deviation (FCU)

Resisted extension & ulnar deviation (ECU)

Resisted Thumb:

- radial abduction
- palmar abduction
- dorsal adduction
- ulnar adduction

Resisted Finger:

- abduction (dorsal interossei)
- adduction (palmar interossei)

EXTRA TESTS:

Finkelstein test:

Finkelstein in supination versus pronation (Wartenburg's sign)

Laxity tests:

- Ballotment
 - o Elbow flex/ext
 - o Forearm sup/pro

Joint specific testing for hypermobility or hypomobility:

- DRUJ

- Trapeziometacarpal
- Individual carpal joints
 - o Radius-scapoid
 - o Scaphoid-trapezium
 - o Scaphoid-trapezoid
 - o Radius-lunate
 - o Lunate-capitate
 - o Scaphoid-lunate
 - o Scaphoid capitate
 - o Ulna-triquetrum
 - o Triquetrum-hamate
 - o Triquetrum-lunate
 - o Hamate-capitate
 - o Hamate-lunate
 - o Triquetrum-pisiform

Apprehension tests for
carpal instability, middle column:

Watson's test, radial column:

Carpal compression test (for CTS)