

## CLINICAL EXAMINATION: ELBOW

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](http://www.optp.com) and search for the product number.

### **INSPECTION AND PALPATION** (Pre and post clinical testing)

- Temperature
- Swelling

Bilateral wrist extension

Bilateral wrist flexion

Active Extension

Active Flexion

Active Pronation

Active Supination

Passive Extension

Passive Flexion

Passive Pronation

Passive Supination

Passive Valgus in Flexion/Supination

Passive Valgus in Flexion/Pronation

Resisted Flexion

Resisted Extension

Resisted Supination

Resisted Pronation

Resisted Wrist Extension

- resisted radial deviation
- resisted ulnar deviation
- resisted extension of fingers 2 & 3
- resisted extension of fingers 4 & 5

Resisted Wrist Flexion

### **EXTRA TESTS:**

Resisted elbow flexion in supinated forearm

Resisted elbow flexion in pronated forearm

Pull (Wolff) test: (resisted wrist extension with distal pull on the radius)

Pivot shift: posterolateral instability (O'Driscoll) test

Sustained passive valgus in full extension

Milking sign

## Neural Tension Tests

- Median nerve
- Radial nerve
- Ulnar nerve