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 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

IAOM-US
Neural Tension Tests
– Median nerve
– Radial nerve
– Ulnar nerve