

## **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](http://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-scaphoid
  - 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)