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 retroposition

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
  - Radius-scaphoid
  - Scaphoid-trapezium
  - Scaphoid-trapezoid
  - Radius-lunate
  - Lunate-capitate
  - Scaphoid-lunate
  - Scaphoid-capitate
  - Ulna-triquetrum
  - Triquetrum-hamate
  - Triquetrum-lunate
  - Hamate-capitate
  - Hamate-lunate
  - Triquetrum-pisiform

Apprehension tests for carpal instability, middle column:

Watson's test, radial column:

Carpal compression test (for CTS)