

Elbow Regional Examination

☒ Check normal, circle & describe abnormal

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

CC & significant history: _____

Fracture screen (tuning fork, percussion, torsion test, grip strength): ☐ WNL, ☐ Refer for X-ray: _____

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Antalgia: _____

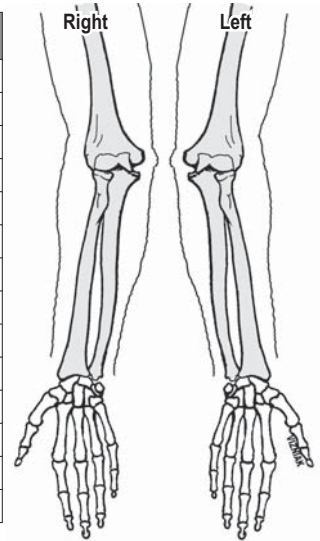
☐ Skin (bruising, scars): _____

☐ Asymmetry: _____

Observation ☐ WNL	L	R
Head tilt		
Head rotation		
Shoulder high		
Shoulder rounded		
Humerus rotated		
Elbow flexed		
Elbow hyperextended		
Valgus forearm		
Varus forearm		
Forearm pronated		
Forearm supinated		
Hand/finger deformity		

Palpation: ☐ WNL, texture, tenderness, pain referral

Palpation	L	R	Palpation	L	R
Medial epicondyle			Common exten. tendon		
Ulnar groove			Anconeus		
Med. collateral ligament			Brachioradialis		
Common flexor tendon			Extensor carpi ulnaris		
Flexor carpi ulnaris			Extensor carpi rad longus		
Palmaris longus			Extensor carpi rad brevis		
Flexor carpi radialis			Extensor digitorum		
Pronator teres			Supinator		
Biceps tendon			Triceps tendon		
Head of radius			Triceps muscle		
Radial tunnel			Olecranon		
Lateral epicondyle			Olecranon bursa		
Lat. collateral ligament			Cubital fossa		
Lat. supracondylar ridge			Brachialis		



Vascular Screen: ☐ WNL

Pulses (0-4)	L	R
Brachial pulse		
Radial pulse		
Ulnar pulse		
Blanch test		
Allen's test		
Temperature		

ROM & Joint Play: ☐ WNL

☐ Pain at end ROM: _____

☐ Abnormal motion: _____

ROM	Active		Passive	
	L	R	L	R
Flexion (150°)				
Extension (0°)				
Supination (90°)				
Pronation (90°)				

Joint Play	L	R
Ulnohumeral		
Radiohumeral		
Proximal radioulnar		

Neurologic: ☐ WNL

Reflexes (0-5), ☐ WNL	L	R
Biceps (C5)		
Brachioradialis (C6)		
Triceps (C7)		
General grip strength		

Motor (0-5), ☐ WNL	L	R
Shoulder flexors		
Shoulder extensors		
Biceps brachii (musc.)		
Brachialis (musc.)		
Brachioradialis (radial)		
Triceps brachii (radial)		
Wrist extensors (radial)		
Wrist flexors (median/ulnar)		
Wrist abductors (median/radial)		
Wrist adductors (ulnar/radial)		
Pronator teres (median)		
Supinator (radial)		
Finger flexors (median/ulnar)		
Finger extensors (radial)		

Girth*, ☐ WNL	L	R
Mid arm		
Elbow		
Mid forearm		
Carrying angle		

*Atrophy, swelling, dominant vs. non-dominant

**General sensation is done through palpation

Orthopedic: ☐ WNL

Instability	L	R	Lateral epicondylitis	L	R
Valgus stress (0°)			Book lift test		
Valgus stress (30°)			Cozen's		
Varus stress (0°)			Mill's		
Varus stress (30°)			Kaplan's test		

Medial epicondylitis	L	R	Neuropathy	L	R
Reverse Cozen's			Tinel's (elbow)		
Reverse Mill's			Tinel's (wrist)		
Reverse book lift			Elbow flexion test		
			Pronator stretch test		

Dynamometer	L	R	L	R	L	R
Repeat 3 times						
Serial # _____			Setting: _____			

Neck evaluation: _____
Shoulder eval: _____
Wrist/hand eval: _____

DDx: _____

Signature: _____ Date: _____