

Wrist/Hand Regional Examination

☒ Check normal, circle & describe abnormal

CC & significant history: _____

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

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

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Antalgia: _____

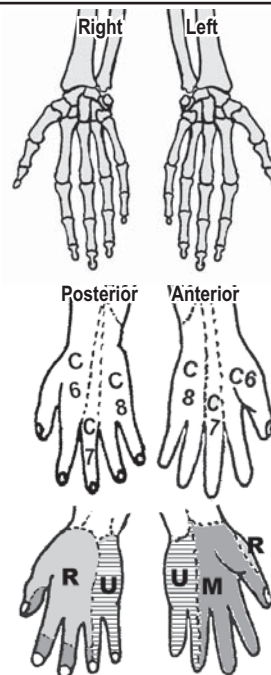
☐ Skin (bruising, scars): _____

☐ Asymmetry: _____

Observation	☐ WNL	L	R
Head position			
Shoulder position			
Elbow position			
Hand pronated/supinated			
Fingers flexed/extended			
Deformities	Boutonniere deformity		
	Swan neck deformity		
	Mallet finger		
	Heberden's nodes		
	Bouchard's nodes		
	Other:		

Palpation: ☐ WNL, texture, tenderness, pain referral

Palpation	L	R	Palpation	L	R
Wrist flexors			Middle finger (#3)		
Pronator teres			Ring finger (#4)		
Wrist extensors			Little finger (#5)		
Supinator			Scaphoid		
Thumb extensors			Lunate		
Interossei			Triquetrum		
Thenar pad			Pisiform		
Hypothenar pad			Hamate		
Carpal tunnel			Capitate		
Tunnel of Guyon			Trapezoid		
Anatomic snuff box			Trapezium		
Metacarpals			Ulnar/radial styloids		
Thumb (#1)			Triangular complex		
Index finger (#2)			Collateral ligaments		



ROM & Joint Play: ☐ WNL

ROM & Joint play		Active		Passive	
		L	R	L	R
Wrist	Flexion (80°)				
	Extension (70°)				
	Ulnar flexion (30°)				
	Radial flexion (20°)				
MP joint	Flexion (90°)				
	Extension (40°)				
	Abduction (20°)				
	Adduction (20°)				
PIP	Flexion (70°)				
	Extension (0°)				
DIP	Flexion (80°)				
	Extension (20°)				
Thumb	MP flexion (60°)				
	MP extension (20°)				
	IP flexion (90°)				
	IP extension (20°)				

Joint Play	L	R
Distal radioulnar		
Individual carpals		

* Most joint play is done with passive ROM for the hand

Vascular Screen: ☐ WNL

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

Neurologic: ☐ WNL

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

Motor (0-5), ☐ WNL	L	R
Pronator teres (median)		
Pronator quadratus (median)		
Supinator (radial)		
Wrist extensors (C6)		
Wrist flexors (C7)		
Finger extensors (C7)		
Finger flexors (C8)		
Finger abductors (T1)		
Finger adductors (T1)		

*Atrophy, swelling, dominant vs. non-dominant

**General sensation is done through palpation

MP = metacarpophalangeal, PIP = proximal interphalangeal, DIP = distal interphalangeal, IP = interphalangeal, WNL = Within Normal Limits

Orthopedic: ☐ WNL

Neuro-injury	L	R	Other injury	L	R
Phalen's (median)			Scaphoid fracture test		
Wrist drop (radial)			Thumb abd. stress		
Froment's cone (uln)			Thumb grind test		
Opposition (median)			Finger stress test		
Thumb adduction			Bracelet test		
Pinch grip test			Lunotriquetral ballot.		
Tinel's (median)			Bunnel-Littler test		
Tinel's (ulnar)			Retinaculum test		
Tourniquet test			Finkelstein's		
Wartenberg's sign			Wringing test		

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

Neck evaluation: _____
Shoulder eval: _____
Elbow evaluation: _____

DDx: _____

Signature: _____

Date: _____