

## Elbow Objective Assessment

### Look:

- Bony deformity / Bony alignment
  - Children under 5 not using arm = Pulled elbow?
- Colour change
  - Bruising, inflammation, infection, rash
- Wasting / spasm / bulk of muscle
- Swelling, scarring, skin changes (wounds)
  - Swelling seen in lateral triangle
  - Enlarged olecranon bursa

### Feel:

- Vascular System
  - Distal pulses, capillary refill
- Sensation (Neurological Examination)
  - Peripheral nerve skin sensation and power
- Temperature
  - Infection / Inflammation
- Swelling
  - Effusion, Synovial thickening, Extra capsular
- Tenderness
  - Shoulder
  - Wrist
  - Cubital fossa
  - Coronoid process and head of radius
  - Medial epicondyle
  - Medial collateral ligament
  - Ulnar nerve
  - Lateral epicondyle
  - Lateral collateral ligament
  - Olecranon and triceps insertion

**Move:**

- Clear the joints above (Shoulder) and below (Wrist)
- Active Movement
  - Flexion 150
  - Extension -15 (hyperextension)
  - Supination 90
  - Pronation 90
- Passive Movement
  - Tests inert structures, pain, range, crepitus
- End Feel of Movement
  - Normal: Hard, Soft, Elastic
  - Abnormal: Hard, springy, spasm, empty
- Muscle Power
  - MRC grading 0 - 5
- Static Resisted Testing
  - Flexion Biceps brachii, brachialis, brachioradialis
  - Extension Triceps brachii, anconeus
  - Pronation Pronator teres, pronator quadratus, Brachioradialis
  - Supination Supinator, Biceps brachii, brachioradialis
  - Wrist Flexion Common flexor origin
  - Wrist Extension Common extensor origin

**Special Tests:**

- Tennis elbow test
  - Resisted middle finger extension eliciting pain at the lateral epicondyle
- Golfers elbow test
  - Passive forearm supination and wrist extension while palpating medial epicondyle and elicits pain
- Tinels sign (at the elbow)
  - Tap the area where the ulnar nerve lies in the groove, tingling in the ulnar region of the hand indicates neuropathy
- Valgus Stress Test
  - Medial collateral ligament sprain
- Varus Stress Test
  - Lateral collateral ligament sprain