

## Wrist & Hand Objective Assessment

### Look:

- Bony deformity / Bony alignment
  - Dupuytren's contracture
  - Bouchard's / Heberden's nodes (OA)
  - Wrist drop (radial nerve)
  - Ulnar drift (RA)
  - Swan-neck / boutonniere / Mallet deformities
  - Trigger finger
- Colour change
  - Bruising, inflammation, infection, rash
- Wasting / spasm / bulk of muscle
  - Thenar wasting (ape hand-median nerve)
  - Hypothenar wasting (claw fingers-ulnar nerve)
- Swelling, scarring, skin changes (wounds)

### 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
  - Elbow
  - Anatomical snuff box
  - Carpal bones
  - Metacarpals and phalanges
  - Tendons

### Move:

- Clear the joint above (Elbow)
- Active Movement
  - Wrist
    - Pronation 90

- Supination 90
- Flexion 90
- Extension 90
- Radial deviation 15
- Ulnar deviation 45
- Fingers
  - Flexion MCP 90, PIP 100, DIP 90
  - Extension MCP 45, PIP 0, DIP 20
  - Abduction 30
  - Adduction 0
- Thumb
  - Flexion CMC 50, MCP 50, IP 90
  - Extension CMC 0, MCP 0, IP 5
  - Abduction 70
  - Adduction 30
  - Opposition thumb tip to tip of little finger
- 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
  - Wrist
    - Pronation
    - Supination
    - Flexion
    - Extension
    - Radial deviation
    - Ulnar deviation
  - Finger
    - Flexion Lumbricals, FDP, FDS
    - Extension Palm on table
    - Abduction
    - Adduction Paper between fingers
  - Thumb
    - Flexion
    - Extension

- Abduction
- Adduction

**Special Tests:**

- Ligament stability tests
  - All joints can be tested; DO NOT MISS a Skiers thumb!!!
- Telescope test
  - Along with ASB tenderness may indicate a scaphoid fracture
- Finkelstein test
  - De Quervains tenosynovitis
- Tinels Sign (at the wrist), Phalen's, Reverse Phalen's
  - Tap carpal tunnel causing tingling with median nerve neuropathy.