

Elbow Physical Examination

Name _____

Date _____

Elbow

Inspection

Finding	Positive
Mass	
Swelling	
Discoloration	
Deformity	
Cicatrix	
Joint Play	
Bony Palpation	
Soft Tissue Palpation	
Gait Disturbance	
Carrying Angle	

Passive Range Of Motion

Elbow	Norm	Exam	Pain
Flexion	150		
Extension	0		
Pronation	90		
Supination	90		

Active Range Of Motion

Elbow	Norm	Exam	Pain
Flexion	150		
Extension	0		
Pronation	90		
Supination	90		

Orth/Neuro Tests

Test	Left	Right
Stability		
Tinel's		
Golfer's		
Cozen's		
Mill's		

Muscle Strength

Test	Left	Right
Biceps		
Brachioradialis		
Triceps		
Wrist Flexors		
Wrist Extensors		

5 = normal; full ROM, full resistance

4 = good; full ROM, some resistance

3 = fair; full ROM, against gravity

2 = poor; full ROM, no gravity

1 = trace; no motion, with contractility

0 = zero; no motion, no contractility

