

# Wrist/Hand Physical Examination

Name \_\_\_\_\_

Date \_\_\_\_\_

## Wrist/Hand

### Inspection

Finding	Positive
Mass	
Swelling	
Discoloration	
Deformity	
Cicatrix	
Joint Play	
Bony Palpation	
Soft Tissue Palpation	

### Passive Range Of Motion

Wrist/Hand	Norm	Exam	Pain
Flexion	80		
Extension	70		
Medial Deviation	20		
Lateral Deviation	45		

### Active Range Of Motion

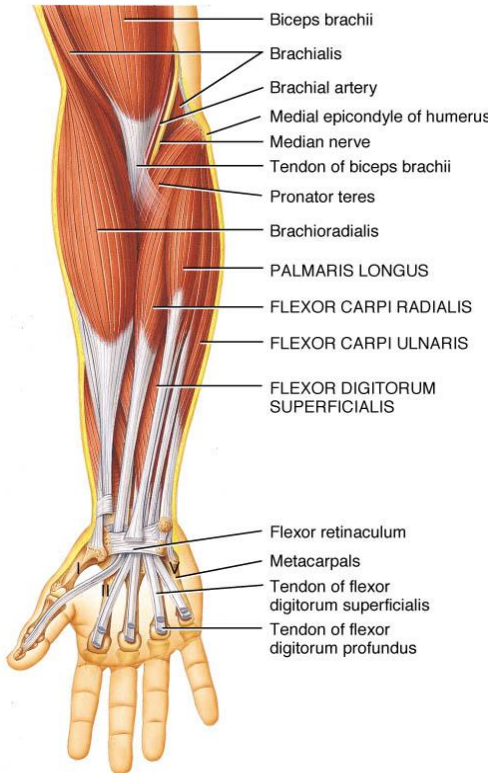
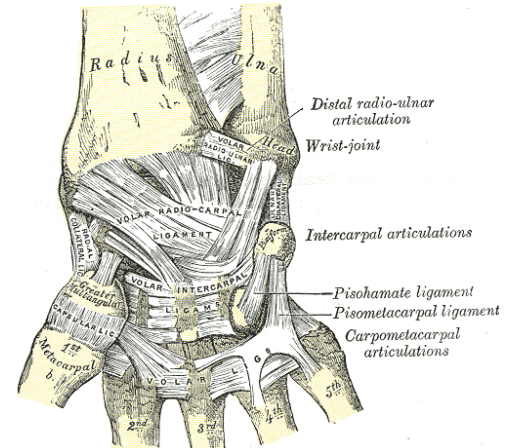
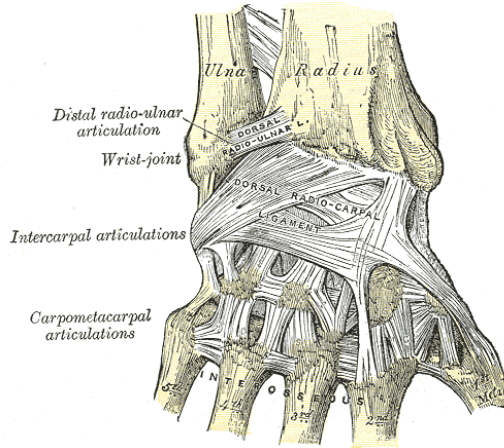
Wrist/Hand	Norm	Exam	Pain
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### Orth/Neuro Tests

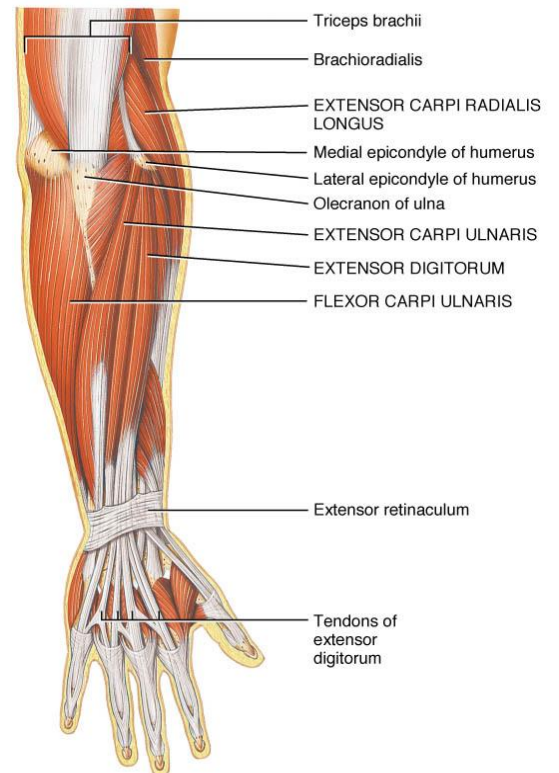
Test	Left	Right
Bunnel Littler		
Allen's		
Phalen's		
Reverse Phalen's		
Finkelstein's		
Tinel's		
Froment's		

### Muscle Strength

Test	Left	Right
Flexors		
Extensors		
Medial Deviation		
Lateral Deviation		
Finger Abduction		
Finger Adduction		



(a) Anterior superficial view



(b) Posterior superficial view

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