

## UPPER LIMB NEUROLOGY EXAMINATION GUIDE

Please note these guides are not necessarily the curriculum taught at the medical schools. They are basic templates to assist in structuring bedside teaching, for stimulating thought about clinical findings and aiding constructive feedback back from junior doctors to medical students.

**Introduction: Please examine this patient's upper limbs**

	Method	Observed/Comment
Introduction	Wash hands Introduce Asks for consent to examine	<input type="checkbox"/>
Exposure and positioning	45 degree or upright Appropriate exposure	<input type="checkbox"/>
Inspection	Walking aids Syndromes: Myotonic dystrophy Muscle wasting Scars (including neck) Fasciculations	<input type="checkbox"/>
Palpate	Muscle bulk Fasciculations	<input type="checkbox"/>
Tone	Ask patient if in pain first Check in wrist and elbow  Rigidity: cogwheel/lead pipe Spasticity: velocity dependant (if moved will giveaway)	<input type="checkbox"/>
Power	Shoulder: adduction and abduction Elbow: flexion and extension Wrist: flexion and extension Finger: adduction, flexion and extension Grip strength  Nerves tests: Radial (C5-C8): extension wrist and fingers Ulnar (C8-T1): paper between thumb and index Median (C6-T1): Thumb abduction	<input type="checkbox"/>
Reflexes	Bicep (C5/6) Tricep (C7/8) Brachioradialis (C5/6)	<input type="checkbox"/>
Coordination	Finger to nose Dysdiadokinesis +/- Rebound	<input type="checkbox"/>
Sensation	Pain and Temperature Vibration Proprioception	<input type="checkbox"/>
Comments		<input type="checkbox"/>

