



## Elbow Regional Examination

☒ Check normal, circle & describe abnormal

Patient: \_\_\_\_\_ date: \_\_\_\_\_

Insurance: \_\_\_\_\_ (dd/mm/yr)

Date of birth: \_\_\_\_\_ M/F

CC & significant history: \_\_\_\_\_

Fracture screen (tuning fork, percussion, torsion test, grip strength): ☐ WNL, ☐ Refer for X-ray: \_\_\_\_\_

### Inspection: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Antalgia: \_\_\_\_\_

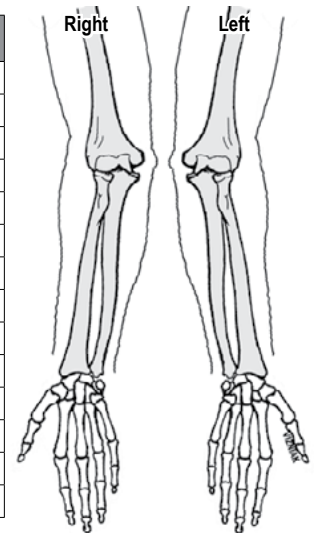
☐ Skin (bruising, scars): \_\_\_\_\_

☐ Asymmetry: \_\_\_\_\_

Observation <input type="checkbox"/> WNL	L	R
Head tilt		
Head rotation		
Shoulder high		
Shoulder rounded		
Humerus rotated		
Elbow flexed		
Elbow hyperextended		
Valgus forearm		
Varus forearm		
Forearm pronated		
Forearm supinated		
Hand/finger deformity		

### Palpation: ☐ WNL, texture, tenderness, pain referral

Palpation	L	R	Palpation	L	R
Medial epicondyle			Common exten. tendon		
Ulnar groove			Anconeus		
Med. collateral ligament			Brachioradialis		
Common flexor tendon			Extensor carpi ulnaris		
Flexor carpi ulnaris			Extensor carpi rad longus		
Palmaris longus			Extensor carpi rad brevis		
Flexor carpi radialis			Extensor digitorum		
Pronator teres			Supinator		
Biceps tendon			Triceps tendon		
Head of radius			Triceps muscle		
Radial tunnel			Olecranon		
Lateral epicondyle			Olecranon bursa		
Lat. collateral ligament			Cubital fossa		
Lat. supracondylar ridge			Brachialis		



### Vascular Screen: ☐ WNL

Pulses (0-4)	L	R
Brachial pulse		
Radial pulse		
Ulnar pulse		
Blanch test		
Allen's test		
Temperature		

### ROM & Joint Play: ☐ WNL

☐ Pain at end ROM: \_\_\_\_\_

☐ Abnormal motion: \_\_\_\_\_

ROM	Active		Passive	
	L	R	L	R
Flexion (150°)				
Extension (0°)				
Supination (90°)				
Pronation (90°)				

Joint Play	L	R
Ulnohumeral		
Radiohumeral		
Proximal radioulnar		

### Neurologic: ☐ WNL

Reflexes (0-5), <input type="checkbox"/> WNL	L	R
Biceps (C5)		
Brachioradialis (C6)		
Triceps (C7)		
General grip strength		

Motor (0-5), <input type="checkbox"/> WNL	L	R
Shoulder flexors		
Shoulder extensors		
Biceps brachii (musc.)		
Brachialis (musc.)		
Brachioradialis (radial)		
Triceps brachii (radial)		
Wrist extensors (radial)		
Wrist flexors (median/ulnar)		
Wrist abductors (median/radial)		
Wrist adductors (ulnar/radial)		
Pronator teres (median)		
Supinator (radial)		
Finger flexors (median/ulnar)		
Finger extensors (radial)		

Girth*, <input type="checkbox"/> WNL	L	R
Mid arm		
Elbow		
Mid forearm		
Carrying angle		

\*Atrophy, swelling, dominant vs. non-dominant

\*\*General sensation is done through palpation

### Orthopedic: ☐ WNL

Instability	L	R	Lateral epicondylitis	L	R
Valgus stress (0°)			Book lift test		
Valgus stress (30°)			Cozen's		
Varus stress (0°)			Mill's		
Varus stress (30°)			Kaplan's test		

Medial epicondylitis	L	R	Neuropathy	L	R
Reverse Cozen's			Tinel's (elbow)		
Reverse Mill's			Tinel's (wrist)		
Reverse book lift			Elbow flexion test		
			Pronator stretch test		

Dynamometer	L	R	L	R	L	R
Repeat 3 times						
Serial # _____						
Setting: _____						

**DDx:**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_