



Wrist/Hand Regional Examination

☒ Check normal, circle & describe abnormal

Patient: _____ date: _____

Insurance: _____ (dd/mm/yy)

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): _____

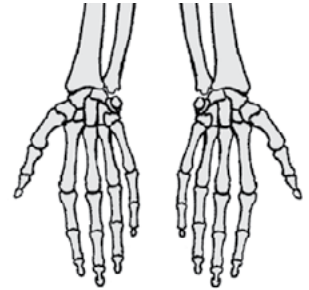
☐ Asymmetry: _____

Observation <input type="checkbox"/> WNL	L	R
Head position		
Shoulder position		
Elbow position		
Hand pronated/supinated		
Fingers flexed/extended		
Deformities	Boutonniere deformity	
	Swan neck deformity	
	Mallet finger	
	Heberden's nodes	
	Bouchard's nodes	
	Other:	

Palpation: ☐ WNL, texture, tenderness, pain referral

Palpation	L	R	Palpation	L	R
Wrist flexors			Middle finger (#3)		
Pronator teres			Ring finger (#4)		
Wrist extensors			Little finger (#5)		
Supinator			Scaphoid		
Thumb extensors			Lunate		
Interossei			Triquetrum		
Thenar pad			Pisiform		
Hypothenar pad			Hamate		
Carpal tunnel			Capitate		
Tunnel of Guyon			Trapezoid		
Anatomic snuff box			Trapezium		
Metacarpals			Ulnar/radial styloids		
Thumb (#1)			Triangular complex		
Index finger (#2)			Collateral ligaments		

Right Left



ROM & Joint Play: ☐ WNL

ROM & Joint play		Active		Passive	
		L	R	L	R
Wrist	Flexion (80°)				
	Extension (70°)				
	Ulnar flexion (30°)				
	Radial flexion (20°)				
MP joint	Flexion (90°)				
	Extension (40°)				
	Abduction (20°)				
PIP	Adduction (20°)				
	Flexion (70°)				
DIP	Extension (0°)				
	Flexion (80°)				
Thumb	Extension (20°)				
	MP flexion (60°)				
	MP extension (20°)				
	IP flexion (90°)				
	IP extension (20°)				
Joint Play		L	R		
Distal radioulnar					
Individual carpals					

* Most joint play is done with passive ROM for the hand

Vascular Screen: ☐ WNL

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

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
Pronator teres (median)		
Pronator quadratus (median)		
Supinator (radial)		
Wrist extensors (C6)		
Wrist flexors (C7)		
Finger extensors (C7)		
Finger flexors (C8)		
Finger abductors (T1)		
Finger adductors (T1)		

*Atrophy, swelling, dominant vs. non-dominant

**General sensation is done through palpation

MP = metacarpophalangeal, PIP = proximal interphalangeal, DIP = distal interphalangeal, IP = interphalangeal, WNL = Within Normal Limits

Orthopedic: ☐ WNL

Neuro-injury	L	R	Other injury	L	R
Phalen's (median)			Scaphoid fracture test		
Wrist drop (radial)			Thumb abd. stress		
Froment's cone (uln)			Thumb grind test		
Opposition (median)			Finger stress test		
Thumb adduction			Bracelet test		
Pinch grip test			Lunotriquetral ballot.		
Tinel's (median)			Bunnel-Littler test		
Tinel's (ulnar)			Retinaculum test		
Tourniquet test			Finkelstein's		
Wartenberg's sign			Wringing test		

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

Neck evaluation: _____

Shoulder eval: _____

Elbow evaluation: _____

DDx:



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Signature: _____

Date: _____