Remember to consider the SIN factor as you choose which tests you would want to include in the physical assessment.

**[Drop down Menu Elbow]**

|  |  |  |  |
| --- | --- | --- | --- |
| **Observation** | Posture | Carry angle |  |
|  | Muscle form |  |  |
|  | Soft tissue | Swelling |  |
|  |  | Redness |  |
|  | Attitude and feelings |  |  |
| **Palpation** | Area of tenderness |  |  |
|  | Swelling |  |  |
|  | Increased temperature |  |  |
| **Active Range of Movement** | Flexion |  |  |
|  | Extension |  |  |
|  | Pronation |  |  |
|  | Supination |  |  |
| **Passive Range of Movement** | Flexion |  |  |
|  | Extension |  |  |
|  | Pronation |  |  |
|  | Supination |  |  |
| **Accessory Movements** | Humeroulnar joint | Medial glide |  |
|  |  | Lateral glide |  |
|  |  | Caudad glide |  |
|  |  | Compression |  |
|  | Radiohumeral joint | Caudad glide |  |
|  |  | Cephalad glide |  |
|  | Proximal radioulnar joint | A-P |  |
|  |  | P-A |  |
|  | Distal radioulnar joint | A-P |  |
|  |  | P-A |  |
| **Joint integrity** | Ligament stability | Medial collateral |  |
|  |  | Lateral collateral |  |
|  |  | Annular ligament |  |
| **Muscle** | Strength | Flexors |  |
|  |  | Extensors |  |
|  |  | Pronators |  |
|  |  | Supinators |  |
|  |  | Grip strength |  |
|  | Length | Flexors |  |
|  |  | Extensors |  |
|  |  | Pronators |  |
|  |  | Supinators |  |
|  | Isometric | Flexors |  |
|  |  | Extensors |  |
|  |  | Pronators |  |
|  |  | Supinators |  |
|  | Special | Tennis elbow |  |
|  |  | Golfers elbow |  |
| **Neurological Integrity** | Dermatomes | C1 |  |
|  |  | C2 |  |
|  |  | C3 |  |
|  |  | C4 |  |
|  |  | C5 |  |
|  |  | C6 |  |
|  |  | C7 |  |
|  |  | C8 |  |
|  |  | T1 |  |
|  | Myotomes | C1 |  |
|  |  | C2 |  |
|  |  | C3 |  |
|  |  | C4 |  |
|  |  | C5 |  |
|  |  | C6 |  |
|  |  | C7 |  |
|  |  | C8 |  |
|  |  | T1 |  |
|  | Reflexes | Biceps |  |
|  |  | Triceps |  |
|  |  | Brachioradialis |  |
| **Neurodynamic tests** | ULNDT 1 |  |  |
|  | ULNDT 2a |  |  |
|  | ULNDT 2b |  |  |
|  | ULNDT 3 |  |  |
| **Other nerve tests** | Tinels sign |  |  |
|  | Pinch-grip test |  |  |
|  | Pronator syndrome |  |  |
|  | Humerus supracondylar process syndrome |  |  |
|  | Radial tunnel syndrome |  |  |
| **Vascular** | Brachial artery pulse |  |  |
|  | Radial artery pulse |  |  |
|  | Thoracic outlet test |  |  |
|  |  |  |  |
|  |  |  |  |

**[Drop down menu wrist]**

|  |  |  |  |
| --- | --- | --- | --- |
| **Observation** | Posture |  |  |
|  | Muscle form |  |  |
|  | Soft tissue | Swelling |  |
|  |  | Redness |  |
|  |  | Deformities |  |
|  |  |  |  |
|  | Attitude and feelings |  |  |
| **Palpation** | Area of tenderness |  |  |
|  | Swelling |  |  |
|  | Increased temperature |  |  |
| **Active Range of Movement** | Flexion |  |  |
|  | Extension |  |  |
|  | Radial Deviation |  |  |
|  | Ulnar Deviation |  |  |
| **Passive Range of Movement** | Flexion |  |  |
|  | Extension |  |  |
|  | Radial Deviation |  |  |
|  | Ulnar Deviation |  |  |
| **Accessory Movements** | Distal radioulnar joint | A-P |  |
|  |  | P-A |  |
|  | Radiocarpal | A-P |  |
|  |  | P-A |  |
|  |  | Medial glide |  |
|  |  | Lateral glide |  |
|  |  | Cephalad |  |
|  |  | Caudad |  |
| **Joint integrity** | Ligament stability | Watsons scaphoid shift |  |
|  |  | Lunotriquestral ballottement |  |
|  |  | midcarpal |  |
| **Muscle** | Strength | Flexors |  |
|  |  | Extensors |  |
|  |  | Radial Deviators |  |
|  |  | Ulnar Deviators |  |
|  |  | Grip strength |  |
|  | Length | Flexors |  |
|  |  | Extensors |  |
|  |  | Radial Deviators |  |
|  |  | Ulnar Deviators |  |
|  | Isometric | Flexors |  |
|  |  | Extensors |  |
|  |  | Radial Deviators |  |
|  |  | Ulnar Deviators |  |
|  | Special | TFCC |  |
| **Neurological Integrity** | Dermatomes | C1 |  |
|  |  | C2 |  |
|  |  | C3 |  |
|  |  | C4 |  |
|  |  | C5 |  |
|  |  | C6 |  |
|  |  | C7 |  |
|  |  | C8 |  |
|  |  | T1 |  |
|  | Myotomes | C1 |  |
|  |  | C2 |  |
|  |  | C3 |  |
|  |  | C4 |  |
|  |  | C5 |  |
|  |  | C6 |  |
|  |  | C7 |  |
|  |  | C8 |  |
|  |  | T1 |  |
|  | Reflexes | Biceps |  |
|  |  | Triceps |  |
|  |  | Brachioradialis |  |
| **Neurodynamic tests** | ULNDT 1 |  |  |
|  | ULNDT 2a |  |  |
|  | ULNDT 2b |  |  |
|  | ULNDT 3 |  |  |
| **Other nerve tests** | Tinels sign |  |  |
|  | Pinch-grip test |  |  |
|  | Phalens |  |  |
|  | Reverse Phalens |  |  |
|  | Froment |  |  |
| **Vascular** | Brachial artery pulse |  |  |
|  | Radial artery pulse |  |  |
|  | Thoracic outlet test |  |  |

**[Drop down menu shoulder]**

|  |  |  |  |
| --- | --- | --- | --- |
| **Observation** | Posture | Humerus - acromion |  |
|  | Muscle form |  |  |
|  | Soft tissue | Swelling |  |
|  |  | Redness |  |
|  | Attitude and feelings |  |  |
| **Palpation** | Area of tenderness |  |  |
|  | Swelling |  |  |
|  | Increased temperature |  |  |
| **Active Range of Movement** | Glenohumeral | Flexion |  |
|  |  | Extension |  |
|  |  | Abduction |  |
|  |  | Adduction |  |
|  |  | Medial Rotation |  |
|  |  | Lateral Rotation |  |
|  |  | Horizontal Abduction |  |
|  |  | Horizontal Adduction |  |
|  |  | HBB |  |
|  |  | HBH |  |
|  | Shoulder Girdle | Elevation |  |
|  |  | Depression |  |
|  |  | Protraction |  |
|  |  | Retraction |  |
| **Passive Range of Movement** | Glenohumeral | Flexion |  |
|  |  | Extension |  |
|  |  | Abduction |  |
|  |  | Adduction |  |
|  |  | Medial Rotation |  |
|  |  | Lateral Rotation |  |
|  |  | Horizontal Abduction |  |
|  |  | Horizontal Adduction |  |
|  |  | HBB |  |
|  |  | HBH |  |
|  | Shoulder Girdle | Elevation |  |
|  |  | Depression |  |
|  |  | Protraction |  |
|  |  | Retraction |  |
| **Accessory Movements** | Glenohumeral | A-P |  |
|  |  | P-A |  |
|  |  | Caudad |  |
|  |  | Cephalad |  |
|  |  | Lateral |  |
|  |  | Medial |  |
|  | Acromioclavicular | A-P |  |
|  |  | P-A |  |
|  |  | Caudad |  |
|  | Sternoclavicular | A-P |  |
|  |  | P-A |  |
|  |  | Caudad |  |
| **Joint integrity** | Ligament stability | Anterior draw |  |
|  |  | Fucrum test |  |
|  |  | Jerk test |  |
|  |  | Sulcus sign |  |
|  | Special | Shoulder lock |  |
|  |  | Shoulder quadrant |  |
| **Muscle tests** | Strength | Flexors |  |
|  |  | Extensors |  |
|  |  | Abductors |  |
|  |  | Adductors |  |
|  |  | Medial rotators |  |
|  |  | Lateral rotators |  |
|  |  | Elevation |  |
|  |  | Depression |  |
|  |  | Protractors |  |
|  |  | Retractors |  |
| **Muscle** | Length | Flexors |  |
|  |  | Extensors |  |
|  |  | Abductors |  |
|  |  | Adductors |  |
|  |  | Medial rotators |  |
|  |  | Lateral rotators |  |
|  |  | Elevation |  |
|  |  | Depression |  |
|  |  | Protractors |  |
|  |  | Retractors |  |
|  | Isometric | Flexors |  |
|  |  | Extensors |  |
|  |  | Abductors |  |
|  |  | Adductors |  |
|  |  | Medial rotators |  |
|  |  | Lateral rotators |  |
|  |  | Elevation |  |
|  |  | Depression |  |
|  |  | Protractors |  |
|  |  | Retractors |  |
|  | Special | LH biceps impingement |  |
|  |  | Supraspinatus impingement |  |
| **Neurological Integrity** | Dermatomes | C1 |  |
|  |  | C2 |  |
|  |  | C3 |  |
|  |  | C4 |  |
|  |  | C5 |  |
|  |  | C6 |  |
|  |  | C7 |  |
|  |  | C8 |  |
|  |  | T1 |  |
|  | Myotomes | C1 |  |
|  |  | C2 |  |
|  |  | C3 |  |
|  |  | C4 |  |
|  |  | C5 |  |
|  |  | C6 |  |
|  |  | C7 |  |
|  |  | C8 |  |
|  |  | T1 |  |
|  | Reflexes | Biceps |  |
|  |  | Triceps |  |
|  |  | Brachioradialis |  |
| **Neurodynamic tests** | ULNDT 1 |  |  |
|  | ULNDT 2a |  |  |
|  | ULNDT 2b |  |  |
|  | ULNDT 3 |  |  |
| **Other nerve tests** | Tinels sign |  |  |
| **Vascular** | Vertebral artery pulse |  |  |
|  | Thoracic outlet test |  |  |
|  | Brachial artery pulse |  |  |