EXAMINATION OF THE ELBOW

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|  | ADEQUATE | INADEQUATE |
| Introduces self to the pt |  |  |
| Explains the examination |  |  |
| Ask the pt to expose arms |  |  |
| Ensures that pt is comfortable |  |  |
| ***Inspection*** |  |  |
| Looks from the front ,back and side |  |  |
| Comments on Varus or valgus deformity, effusions, olecranon bursitis |  |  |
| Comments on skin colour, rheumatoid nodules, gouty tophi, scars |  |  |
| Comment on biceps, triceps, forearm |  |  |
| ***Palpation*** |  |  |
| Ask if there is any pain |  |  |
| Feel the skin for the temp, rheumatoid nodules, gouty tophi |  |  |
| Palpates lateral & medial epicondyles |  |  |
| Identifies any effusions, synovial thickening |  |  |
| ***Move***  |  |  |
| Test flexion & extension |  |  |
| Test for lateral epicondylitis (elbow extension & forced wrist extension) |  |  |
| Test for medial epicondylitis (elbow flexion & forced wrist flexion) |  |  |
| Test pronation & supination |  |  |
| ***Completion*** |  |  |
| State you would like to examine the wrist & the hands |  |  |
| Asks to perform a vascular and neurological examination |  |  |
| Indicates need for tests xrays, bloods |  |  |
| Thank pt |  |  |
| Offer to help pt dress ensure pt comfortable  |  |  |
| Summarise finding and offer differential |  |  |
| ***Global score*** |  |  |
| Examiner |  |  |
| Patient  |  |  |
| OVERALL |  |  |