EXAMINATION OF THE HAND

|  |  |  |
| --- | --- | --- |
|  | ADEQUATE | INADEQUATE |
| Introduces self to the pt |  |  |
| Explains the examination |  |  |
| Ask the pt to expose arms |  |  |
| Ensures that pt is comfortable |  |  |
| ***Inspection*** |  |  |
| Looks at the dorsum then palmar surfaces |  |  |
| Comments on joints: swellings, heberdens nodes, bouchards nodes |  |  |
| Comments on skin colour, rheumatoid nodules, scars, nail changes |  |  |
| Comments on shape & position of hands |  |  |
| ***Palpation*** |  |  |
| Ask if there is any pain |  |  |
| Feel the skin for the temp |  |  |
| Feel the finger & wrist joints for swelling, synovial thickening, pain |  |  |
| Palpate the anatomical snuffbox |  |  |
| Palpate the tip of the radial styloid & head of the ulna |  |  |
| ***Move***  |  |  |
| ***Wrist***  |  |  |
| Test flexion & extension |  |  |
| Test ulna & radial deviation |  |  |
| Test pronation & supination |  |  |
| ***Thumb*** |  |  |
| Extension. Stick your thumb out to the side |  |  |
| Abduction. Point your thumb up to the ceiling |  |  |
| Adduction. Collect your thumb in your palm |  |  |
| Opposition. Appose the tip of your thumb to the tip of your little finger. |  |  |
| ***Fingers*** |  |  |
| Test the flexion & extension of each finger |  |  |
| Comments on the movements at the pipj & mcpj |  |  |
| Tests the grip strength |  |  |
| Tests the pincer strength |  |  |
| Performs the tinels test for carpal tunnel sydrome |  |  |
| Tests for phalens sign |  |  |
| Tests FDP |  |  |
| Tests FDS |  |  |
| Assess function by drinking from a cup or writing with a pen |  |  |
| ***Completion*** |  |  |
| 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 |  |  |