

CLINICAL EXAMINATION OF THE HAND AND WRIST

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The hand and wrist should be thought of as one functional unit. The muscles may be divided into extrinsic (the muscle bellies in the forearm) and intrinsic (origins and insertions within the hand alone). The 'flexors' (volar side) flex the wrist and fingers and the 'extensors' (dorsal surface) extend the digits and fingers. Baron Guillaume Dupuytren , 1777-1835, surgeon, Hôtel Dieu, Paris, France, described the condition in 1831. Friedrich Joseph de Quervain , 1868-1940, Professor of Surgery , Berne, Switzerland, described this form of tenosynovitis in 1895. Colles , 1773-1843, President of the Royal College of Surgeons of Ireland (1802), Professor of Anatomy , Physiology and Surgery (1804) and described Abraham distal radial fracture in 1814. Spine examination /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF

Inspection of the standing patient From the front and back (coronal plane) From the side (sagittal plane) Palpation Palpation of the posterior bony elements and the paraspinal muscles Move Assess /f_ l exion, extension, lateral rotation and lateral bending Neurological Assess sensation, tone, power, re /f_ l exes, proprioception and coordination Special tests Spurling's test Forward bending test Lasègue's straight leg test Contralateral stretch test

Revision #1

Created 2025-12-31 15:14:39 UTC by Omar Ayman

Updated 2025-12-31 15:14:39 UTC by Omar Ayman