

Thumb and thenar eminence

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Abductor pollicis brevis, opponens pollicis and flexor pollicis brevis can be tested together by opposing the thumb to the little finger.

(b) Figure 35.11 (a) Tinel's test; (b) Phalen's test. Figure 35.12 Palpating the anatomical snuff box between the tendons of extensor pollicis longus and abductor pollicis brevis. (b) Figure 35.13 Testing the range of (a) wrist extension; (b) wrist flexion. (a) (b) Figure 35.14 Testing the (a) flexor digitorum superficialis; (b) flexor digitorum profundus.

Flexor pollicis longus . The muscle is supplied by the anterior interosseus nerve (branch of the median nerve) and can be tested by asking the patient to bring the tips of the thumb and index finger together (the 'OK' sign; Figure 35.15). Extensor pollicis longus . The integrity of the tendon is tested by asking the patient to lift the thumb off a table with the palm flat on the table (Figure 35.16). Adductor pollicis . Test using Froment's sign (see Table 35.9 and Figure 35.17). Abductor pollicis brevis . This muscle is supplied by the median nerve. With the hand lying flat on a table with the palm facing upwards, ask the patient to raise the thumb towards the ceiling. Ask the patient to resist as you push the thumb back towards the palm (Figure 35.18). Harry Finkelstein , 1883–1975, American surgeon, one of the cofounders of the Hospital for Joint Diseases, New York, NY , USA. In 1932, along with E J Haboush invented a stabilising apparatus and operative technique for bone lengthening, anticipating by decades the current widely utilised Ilizarov technique. Hand and wrist examination

Figure 35.15 Test for flexor pollicis longus supplied by the anterior interosseus nerve. Figure 35.16 Testing the integrity of extensor pollicis longus. Inspection

of the standing patient Dorsum
and palm – asymmetry, deformity,
muscle wasting Inspection of the
supine patient Skin, scars, soft
tissues Palpation of bony
structures and joints of the hand
Movements Wrist – /f_ l exion and
extension, ulnar and radial
deviation Hand – thumb
movements, metatarsophalangeal
joints and small joints of the hand
Special tests Allen’s test Tinel’s
and Phalen’s tests for the median
nerve Froment’s sign Finkelstein’s
test Figure 35.17 Froment’s sign;
the arrow illustrates the /f_ l exed

posture of the thumb
interphalangeal joint, indicating
weakness of the ulnar nerve-
innervated adductor pollicis
muscle. Figure 35.18 Testing the
power of the abductor pollicis
brevis sup

plied by the median nerve.

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