

# Wrist & Hand Examination

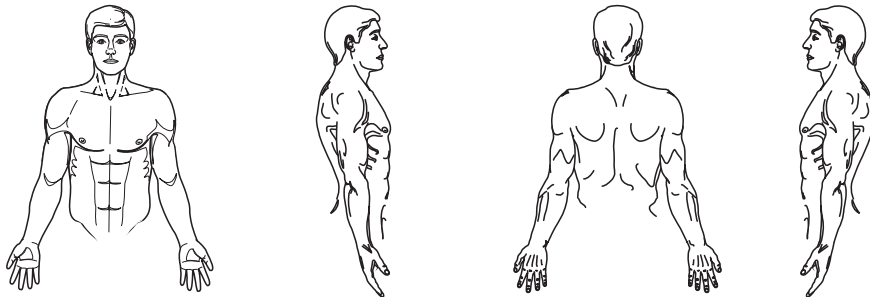
Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Examiner: \_\_\_\_\_

Vital Signs: Pulse: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_ L R Respiration: \_\_\_\_\_ Temperature: \_\_\_\_\_

## Inspection/Palpation:

- P = Pain
- X = Trigger Points
- B = Bleeding
- S = Swelling
- C = Contusion
- L = Laceration
- F = Fracture



## Wrist Range of Motion:

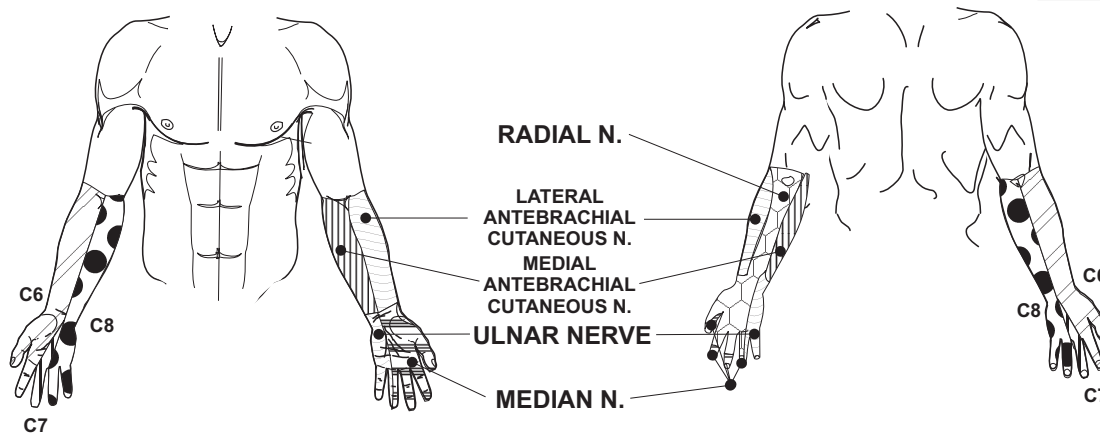
Activity	Normal	Active	Passive
Flexion	80-90		
Extension	70-90		
Radial Deviation	15		
Ulnar Deviation	30-45		

## Muscle Testing/Myotomes:

Muscle	Strength	
	L	R
Pronator Quadratus (C8-T1)		
Finger Flexors (C7-T1)		
Finger Extensors (C7-8)		
Thumb Flexors (C8-T1)		

Grip (JAMAR)	L	R
Trial #1		
Trial #2		
Trial #3		

## Nerve Supply (Skin):



Orthopedic: \_\_\_\_\_

Neurological: \_\_\_\_\_

Antalgia: \_\_\_\_\_ Special: \_\_\_\_\_