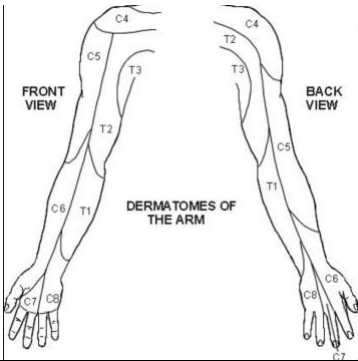


Hand Exam

GLOBAL MARK			
CLEAR PASS	BORDERLINE PASS	BORDERLINE FAIL	FAIL

Criteria

Introduces Self, confirms patient identify, Washes hands,	2, 1
Offers analgesia, ensures comfort of patient	2
Offers chaperone	
Patient exposed – from elbow to fingers	
<p>Inspects</p> <p>For deformity, erythema, wounds, scars</p> <p>Resting position</p> <p>Checks front and back of hand</p>	
<p>Palpates</p> <p>Carpal bones, metacarpals, phalanges</p>	
<p>Sensation</p>  <p>C5 – back of arm          C6 – thenar eminence          C7 – middle finger          C8 – ulnar portion of hand          T1 – medial forearm</p> <p>Radial N posterior asp 1<sup>st</sup> webspace          Median radial border of index          Ulnar – ulnar border little finger</p>	
Checks distal pulses	
<p>Moves</p> <p>Thumb – flex, extend, abduct, adduct, oppose</p> <p>Fingers – FDP (finger tip) and FDS (all finger)</p> <p>Cascade</p>	
<p>Special Tests</p> <p>Paper between fingers T1 ulna nerve dorsal interossi</p> <p>Stop pushing fingers together – Ulna nerve palmar interossi</p> <p>Phalens and Tinnels (1 min)</p> <p>Froments – paper between thumb and index finger – ulnar damage</p>	
Wants to examine elbow	
Management plan including Ix and Rx	
Thanks patient	