## **Hand Exam**

GLOBAL MARK				
CLEAR PASS	BORDERLINE PASS	BORDERLINE FAIL	FAIL	

## Criteria

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