

Wrist and Hand Evaluation

□ History

- Dominant hand
- ADL's
- Gripping
- Pain pattern – location and duration
- Numbness, tingling
- General medical conditions
- Occupation

□ Inspection

- Posture of hand
- Palmar creases
- Continuity of hand and alignment of digits
 - Boutonniere deformity – ext at MCP and DIP, flex PIP
 - Mallet finger – DIP flex - passive
 - Jersey finger – inability to actively flex the DIP
- Knuckles
- Ganglion cysts

□ Palpations

- Bones
 - Radius and ulna
 - Carpals – especially scaphoid
 - Metacarpals
 - Phalanges
- Ligaments
- Muscles
- Others
 - Carpal tunnel
 - Thenar eminence
 - Thenar webspace
 - Hypothenar eminence