

EXAMINATION - HANDS & WRISTS

Sitting → Hands on pillow

Gen — weight
 cushioning
 Injts/scidents
 Obvious jt D

? (R) or (L)-handed
 occupat²

Sym deforming polyarthropathy

Look — Dorsum — Wrist

Skin ← scars
 redness
 atrophy
 rash

Trophic Δ — wear, hot, red, ↓ sweat - dry

Swell
 Deformity

MCP jt

Musc wast

Ulnar dev (Volar sublux) → RA

Z-deformity

Fixed flex & sublux

04
 1st CMC jt
 → square hands

PIP

Swan neck

Flex

Boutonniere

Fixed flex

Campbell

- ulnar

Flex

Bouchard's nodes

DIP

Fixed flex

Ext

"

Heberden's
 - marginal osteophytes

metacarpal
 DIP x extend
 ext leg

Phalange

Sausage-shape →

Rheumatic arthropathy
 Anky spondylitis
 Reiters

Shorten

→ Arthritis mutilans : Pilonus
 main en bague - shorten & telescopic digits

Nails

Pronasus

Pit, onycholysis, oil-stain
 Atrophia

Vasculitis - splinter haemorrhage (RA, SLE)

Periungual telangiectasia (SLE, scleroderma, dermatomyositis)

Closed/open hands

Tendon rupture, fixed flex deformity

Palmar scar

Scars - tendon repairs/transfers

Palmar erythema

Warts - thenar/interdigital eminences

Feel & Move

Wrist

Synovitis
 Effus²



Dorsiflex 75°

Palmar "

Radial deviat² 30°

Ulnar "

? tenderness
 crepitus

Ulnar styloid

Tender - RA

MCP

Flex
 Ext

Volar subluxat² - rode back & forth → ↑ movement

PIP

} ↑ fr index → little

DIP

ELBOW

Rheu nodule
 Thickened ulnar N

Tests

Palmar tendon crepitus - tenosynovitis

Trigger finger

Nr - Median : Abd P B - Pen-touch test Ochsner's clapper test

Ulnar : Froment's BAD DAB

Radial : EPL Wrist drop

Carpal tunnel sign : Tinel's Phalen's

Func

- ① Dynamic - Tap index on ^{mid-}thumb
Thumb → touch 4 fingers
Fingers move up stick
- ② Grip strength - grasp 2 fingers / sphygmomanometer
Key grip
Opposit² strength
- ③ Practical test - Undo buttons
Write 'c' a pen
- ④ Span of 1st web

Others

Finkelstein's test

Scaphoid - hold it firmly & radially deviate
if X/disassociated → X come forward

VASC

Cap return

Pulses

Allen's test

BP