

**Specific Testing/Maneuvers
of the Wrist & Hand**

Tinels Sign


Structure/sign being tested: Pathology of the median nerve

Position of Patient: Seated or standing

Position of examiner: Standing or sitting in front of patient

Procedure: Tap the surface in the region of the distal palmar crease over the carpal tunnel

Positive Test Result: Pain/ numbness/ tingling elicited with the tap

 Reference # 4

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Phalens Test


Structure/sign being tested: Pathology of the median nerve

Position of Patient: Seated

Position of examiner: Seated or standing in front of patient

Procedure: The examiner instructs the patient to place both hands together with wrists in full flexion. The patient then drops their elbows below their wrists and holds the position for 30 seconds

Positive Test Result: Pain/ paresthesias in median nerve distribution

 Reference # 4,9

**Specific Testing/Maneuvers
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Finklesteins Test


Structure/sign being tested: DeQuervains Tenosynovitis

Position of Patient: Seated

Position of examiner: Standing or seated

Procedure: The examiner instructs the patient to grasp a flexed thumb under the fingers by making a fist. The patient then ulnarly deviates the wrist

Positive Test Result: Increased pain over radial styloid in the first dorsal compartment of the wrist differentiates DeQuervains from arthritis in the first metacarpal

 Reference # 4,6
